

The Yo
COC
MONI

DIP

Col

A C

Made

The Second Edition

By A.

L O N D O N

Printed for the Author,
in *Lime-street.*

The Epistle Dedicatory.

TO ALL
LADIES
AND
GENTLEWOMEN,
Especially those that are my
SCHOLARS.

Ladies and Gentlemen,

P*Erhaps you do Ex-
pect to find me go-
ing before my little
Book to declare loudly its
Worth and Praise, but
I know the true Value
of my self. I shall only*

The Epistle Dedicatory?

recommend it to you as a
Piece necessary for young
Ladies and Gentlemen,
not doubting but when you
have made use of it, you
will find it so satisfactory,
that you will give it such
a Character, as it may
live in the World with
Reputation to its Self,
and

Your Humble
Servant,

M H





The Young
COOKS
MONITOR:
OR,
DIRECTIONS
For *Cookery and Distilling.*

How to Stew Carps:

Take a brace of Carps
of a Foot long, let
them be alive, and
scrape off the Scales,
then wash them, then
cut them in the head, and lay them
in a dish, and let them bleed, then
B open

open their belly, and take out the guts, and wash them with a quart of Claret, and put them in a stewing Pan, and pour the Claret on them that you washed them with, and put three blades of Mace into the Pan to them, and wash three Anchovies clean and put in, and half an ounce of whole white Pepper, and a piece of Lemmon-peel, and a large Onion cut cross and cross, and a large Nutmeg cut in quarters, and a little bundle of sweet Herbs; then cover them close, and let them stew over a slow fire two hours, and take a quart of large Oysters and stew them in their own liquor half a quarter of an hour, then pour them into a sieve to drain from the liquor, which you must save, and put into the Stew-pan to the Carps, and let them stew a quarter of an hour with it; then wash the Oysters with clean warm water, take them one by one out of the water, and lay them to drain on a sieve, then take a quarter of a pint of liquor from your Carps, and
melt

melt a pound of Butter with it thick, then dish your Carps with sippits round the dish, and put your stewed Oysters into your Butter, and pour your Butter over your Carps, and garnish your Dish with pickled Barberries, slices of carved Lemmon, Flowers and Parsly, and serve them to the Table.

How to Dress a dish of boyled Pullets.

Take three Pullets and tye them in a cloth, and put them into the Pot when the liquor boyls, let the liquor be made white with a little Flour, and put in Salt enough to season it, and let the Pullets boyl half an hour: If it be at Christmas, you must have bales of forced Meat and Sausages, and Oysters one quart, stew your Oysters in their own liquor half a quarter of an hour, with a blade of Mace, and a little whole white Pepper; then strain them from the liquor, and save it in a clean Ba-
son,

son, then wash the Oysters in warm
 water clean from the Gravel, then
 wash one Anchovy and put into the
 liquor of your Oysters, and stew it
 a quarter of an hour; the bales of
 forced Meat must be stewed in strong
 broth, with Lambs-Stones and Sheeps
 Tongues boyled and blanched; then
 have a pound of Sausages ready fry-
 ed in some Butter, and some Spin-
 nage boyled and drained clean from
 the water, and a pound of fat and
 lean Bacon boyled, then take a quar-
 ter of a pint of Oyster liquor, and
 a little of the liquor your bales were
 stewed in, and set it over the fire in
 a Sauce-pan, and melt a pound and
 half of fresh butter thick; and when
 it is melted, then put in your bales
 and stewed Oysters, then lay the
 Spinnage at the bottom of the Dish,
 and lay Sippets round, then lay in
 your Pullets, being well drained, set
 your Dish over a Chafing-dish of
 Charcoal to keep it warm, then
 pour your sauce over your Pullets,
 then lay on your fryed Sausages,
 some

some on the Pullets, and some on the sides of the Dish; then cut off the rind and the inside of the Bacon, and lay it in slices upon the Pullets, and upon the sides of the Dish, then garnish your dish with slices of carved Lemmon, Pickle Barberries, Parsley, and Red Cabbage dipt in Vinegar to make it look redder, and strow a little Salt on the Dish.

How to make Forced Meat.

Take a pound of a Leg of Veal, cut it into thin slices, then scrape it with a knife on a Trencher, keeping back all the skin and strings, then take a pound and half of Beef-Suet shred very small, and mix it well with your Veal, then put it into a Stone-Mortar, and beat it till it is a perfect Paste, then season it with a quarter of an ounce of Pepper, half a spoonful of Salt, one Nutmeg grated, then shred a handful of Sage, and a little Rosemary very small, mix it all well together

with your hand, with two Eggs until it is in a Paste, then put it into a Pot, and set it into a cool place: when you use any of it roul it into round Balls, and some into long ones, like Sausages, then boyl them in strong Broth a quarter of an hour, and so use them.

How to make Strong Broth.

Take four pound of lean Beef, cut it into thin slices, and put it into a Stew-Pan, and just cover it with Water, let it boyl an hour, scum it, and when it is boyled, squeeze it between two Trenchers; this is Broth for Frigacies, &c.

How to make a Frigacy.

Take half a dozen of Chickens, or a dozen of Pigeons, or half a dozen of Rabbits, cut them into quarters, and brake their Bones, and wash them clean from the Blood, then put them into a Frying-Pan, put

put in as much water as will cover them, then put in a great Onion cut cross and cross, and three blades of large Mace, and a little large Pepper, a little piece of Lemmon-peel, and a bundle of sweet Herbs, and as much Salt as will make it savory, and a quarter of a pound of lean Bacon cut in thin slices, then set it upon a slow fire, and let it boyl half an hour, then stir in half a pound of sweet Butter, and let it boyl half an hour longer slowly, stir it often, and beat the Yelks of four Eggs, with the Juyce of a Lemmon, and a little Parsly shred into it, then take it off the fire and put them into it, and stir it together; if your Sauce be not thick enough, set it over the fire and give it a warm, then have a Dish ready with some Sippits, and pour it in, and Garnish the Dish with some Lemmon-peel, and slices of carv'd Lemmon, and some Flowers and Parsly, and serve it in to the Table.

To make Sauce for Roasted Partridges, or Pheasants, or young Turkeys.

Take a Penny-Loaf, and cut off all the out-side Crust, and cut the Crum in three slices, and put it in a pint of cold Water, and set it over the fire till it boyls, then take it off, and drain it from the water, then put to it a quarter of a pint of Mutton-gravy, or Beef-gravy, a little Pepper, and a little Salt, and two or three slices of Onion or Shalot: Then set it over the fire, and mash the Bread with the back of the Spoon, then boyl it half a quarter of an hour, then stir in a quarter of a pound of Butter, and use it,

To wash a Calves-head.

Take a Calves-head, and wash it clean from the Blood, and boyl it half an hour in a Cloth: Then take one half and cut it in slices, and put

put it into a Stew-Pan with some strong Broth, and three blades of Mace, and two Anchovies, a bundle of Sweet-herbs, half a pint of Oy-ster-Liquor, one pint of White-wine, half a spoonful of Pepper, a large Onion, a piece of Lemmon-peel, and set it over a slow fire, and let it Stew slowly two hours, then put in some Blanched Cocks-combs, and Cocks-Stones, and let it Stew half an hour longer, then Stew a quart of Oysters; then of Lamb-stones, and Calves Sweet-breads, and Sheeps-Tongues, Parboyl'd and Peel'd, take six of each, then have a batter made of Cream and Eggs, a little Flower, and some Sweet-herbs small shred, and a little Nutmeg, let there be of this the quantity of a pint, then dip all the things abovesaid into it, and cut the Tongue of the Calf in four pieces, the long way, dip it in to the Batter, then fry these things in Clarified Butter, or Beef-drippings; then broyl the other half of the Head over a clear fire, and lay in the middle



middle of the Dish, then thicken your Sauce with a piece of Butter, and the Yelks of two Eggs, the Sauce is that which you Stew it in, which you must shake together, and pour on the Head, and lay the fry'd Tongues, Oysters, and Sweet-breads, and Lamb-stones up and down the Dish, to Garnish your Dish, and put to it some pickl'd Barberries and Flowers, and Carved Orange, and put some Juyce of Orange into your Sauce.

To make Scotch Collops.

Take two pound of a Fillet of Veal, and cut it into thin slices, as thin as a Half-Crown, lay it abroad on a clean Dresser, and hack it with the back of a Knife on both sides very well, then season it with Pepper, Nutmeg, and Salt, then shred some Thyme, Winter-savory, Penny-royal very small, and strew it upon both sides of the Collops, and let them lie in a Dish two hours, then

then fry them in Clarified Butter till they are tender; but not brown, then take them out of the Pan, and clean the Pan, and put in half a pint of Mutton or Beef Gravy, and two or three Spoonfuls of Oyster-Liquor, the Juyce of an Orange, a little Lemmon-peel, shred very fine, and shake them together a little over the fire, then beat in the Yelks of two Eggs to thicken your Sauce. Garnish your Dish with carv'd Orange and Lemmon-peel, shred fine, and strowed about the Dish, and carv'd Sippets, and a little Salt, then pour it into the Dish, and send it to the Table.

To make Sauce for a Hare.

Take a Penny-Loaf, and cut it in slices into a pint of Clarret, set it over the fire and boyl it, and mash it with the back of a Spoon, then put in a quarter of an Ounce of beaten Cinnamon, let it boyl a little, and put in a little Vinegar to
make

make it Tart, then sweeten it with Sugar, and stir in a little Butter, then put it in the Dish, and Garnish the Dish with the Crust of your White Loaf grated, and a little Salt and Flowers; this is also Sauce and Garnishing for Roasted Venison, or Roasted Tongue and Udder.

To make Sauce for Roasted Pullets, or Capons.

Take some strong Broth, and chop the Necks off your Fowls, and put into it, and put in a little Pepper, a whole Onion, two Anchovies, two or three spoonfuls of Oyster-Liquor, boyl all these together half an hour, then shred the inside of a Lemmon and put it into the Sauce, which must be poured off first from the Necks and the Pepper, and put it Hot into the Dish, then put in the Fowls, and Garnish the Dish and Fowls with carved Lemmon, and serve them to the Table.

To

To make Sauce for Wild Pidgeons.

Take Sage and fat Bacon, shred it very small together, and season it lightly with a little Pepper, one Onion shred small, a little Salt, stuff your Pidgeons with it and Roast them, put half a pint of Mutton-gravy into the Dish, and set it over a Chafing-dish of Coals, then put your Pidgeons into the Dish, and with a Knife pull out the stuffing into the Gravy, make it Hot, and send it to the Table.

To make Sauce for young Ducklings.

Take young green Onions, or Sithes, boyl them in Water, then drain the Water from them, and shred them very small, then melt some Butter very thick, and put them into it, and put in a little Salt, and a little Pepper, stir it all together,

ther, put it into the Dish hot, and lay the Ducks on it; Garnish the Dish with pieces of Onion, and a Crust of Bread grated, and serve them to the Table.

To make Sauce for Roasted Wild-Ducks.

Take of Thyme and Winter-Savory, of each a little, and of Sage, shred these very small, put them into a little strong Broth, a little Pepper, and a little Salt, and a little Ginger, two spoonfuls of Clarret, two spoonfuls of Mutton-gravy, boyl all this a quarter of an hour, put in the Gravy that drops from the Ducks, but none of the fat of them, when the Ducks are three quarters Roasted, pour the Sauce through them, and send them in, and when they are cut up, put them upon a Chafin-dish of Coals, and Stew them a little.

To

To make Sauce for Boyled Ducks.

Take Onions and boyl them in water, changing it twice that they be not strong, when they be soft, take them up and mash them with a spoon, put a good quantity of Butter to them, and a little Salt, and a little Pepper, work your Butter well amongst your Onions, then lay the Ducks in the Dish, and pour the Sauce upon them, and Garnish your Dish with pieces of Onion and Parsly, and Salt, and serve them to the Table.

To Pickle Lemmons;

Which afterwards may be Preserved; they are likewise good to mix with a Grand Sallad if Mixed.

Put the Lemmons in a deep Earthen Pot, and lay a cover upon them to keep them under the Pickle, then make a Pickle of Water and Salt so strong as will bear an Egg, and put

put to them, and let them abide in it a Month or six Weeks, or two Months, and use them as you please.

To Pickle Quinces.

Take your Quinces and scald them, then pack them in a steep Stone Pot that hath a narrow Mouth, or in a Jarr, and take some of the worst of the Quinces, and cut them to pieces, and also some Quince parings, and put into a quantity of small Beer, as will fill up the Vessel, and boyl the parings and pieces of Quince in it, till you have made it a good strong decoction, then set it by till it is quite cold, and then put it to the Quinces, and lay the pieces of Quince and the parings uppermost upon the Quinces, and fill up the Vessel with the Pickle; but be sure lay something to cover them, so that all be kept under Pickle; you may use them at your pleasure.

To make Hypocras.

Take two quarts of Canary-wine,
and two quarts of Rhenish-wine,
and two quarts of Milk, and mix
all these together, then take three
Ounces of Cinnamon, and half an
Ounce of Gallinjal, and half an
Ounce of Coriander-seeds, and an
Ounce of Nutmegs, beat it all very
fine, and put it to the Wine, and a
pound and an half of fine Sugar,
mix all well together, and strain it
through an *Hypocras* bag till it is
fine, and Bottle it up to drink at
your pleasure.

To make a Syllabub.

Take half a pint of Canary, or
White-wine, and squeeze in the
Juyce of an Orange, or half a Lem-
mon, which you please, then sweet-
en it very sweet with fine Sugar,
then put it into Syllabub Glasses,
filling them a third part full, then
take a quart of sweet new Cream,
and sweeten it a little, and put it
C into

into the Glasses, and stir it about till it is mixed very well together, and let it stand an hour, then take a pint of Cream, and the whites of two Eggs, sweeten it a little, and whip it with a white Whisk till it froths, and then take the froth as it ariseth, and lay it upon the top of your Glasses, till it is pretty much above the Glasses, and serve it up to the Table.

To make Almond Butter to look White.

Take about two quarts of Water, the bottom of a Maunchet, a blade or two of Mace, and boyl them together a quarter of an hour, then let it be cold, then take a pound of sweet Almonds and blanch them, and beat them with four or five Spoonfuls of Rose-water, till they are very fine, then put them into the boyled water, and stir it well together, and strain it through a hair Sieve, then put it into a Preserving-Pan, and make it just ready to boyl, then

then take the Juyce of half a large Lemmon and put into it, but stir it in very well, and when you see it ready to turn, take it off from the fire, and take a fine Napkin and pour it all over the Napkin, then scrape it all together with a spoon, and tye it hard with a thred, and let it hang in the cool till the morrow, then sweeten it to your Pallet, and if you please, you may perfume it with Amber-Greece, and serve it up to the Table.

To make Lemmon Cream.

Take six Lemmons, and pare them very thin, and steep the paring in a quart of fair water, that it may be very strong of the Lemmon-peel, then squeeze in the Juyce of the Lemmons, then add to it three spoonfuls of Orange-Flower-water, and the whites of eight Eggs, and two Yelks beaten very well, then strain it through a hair Sieve, and sweeten it to your Pallet with fine

Loaf-Sugar, and set it on a fire, keeping it stirring all one way, till it be a thick Cream, then put it in small thin Cream Bowls or Glasses, and so use it.

To make Sugar Plate.

Take half an Ounce of Gum-draganth, and steep it in a quarter of a pint of Rose-water two or three days, then force it through a hair Sieve, then take double Refined Loaf-Sugar, and beat it and searce it fine, and put the Gumdraganth into a Mortar, and some Sugar to it, and beat them together very well, and keep adding of Sugar till it be a stiff Paste, then roul it out with searced Sugar into thin Cakes, and print it out with Moulds into what form you please: and for to Colour this, you may use Collouring made of Cutchinele, or Dammask-Roses, or Burrage-Flowers, dried beaten to a fine Powder; If you make any of it into Figures, you may

may use fine beaten Cinnamon for
to Colloer the Hair, and dry them
in the Stove.

To make Aqua-Mirabilis.

Take Gallinall, Cloves, Mace,
Cubeb, Ginger, Cardium-seeds,
Nutmegs, Mellelot, flowers, of each
two Drams, one pint of the Juyce
of Cellendine, and a pint of the
Juyce of Balm, and half a pint of
Juyce of Spare-Mint, Cowslip-flow-
ers, Rosemary-flowers, Burrage-flow-
ers, Bugloss-flowers, and Marygold-
flowers, of each of these two Drams,
Angelica-water one pint; let the
Spices and Seeds be beaten a little,
and put to all these two quarts of
good Canary, and two quarts of
White-wine, and a quart of Brandy,
and let them stand four and twenty
hours covered close in a well Glazed
Earthen Pot, then Still it off with a
Limbeck or Worm, and sweeten it
with double Refined Sugar to your
Pallet for use.

To make Gascoyn Powder.

Take of Pearl, of Red-Coural, of Crabs-Eyes, of burnt Harts-Horn, of white Amber, of each a like quantity, let them all be beaten and searced through a very fine Searce, then take as much of the black Tops of Crabs claws burnt, as of all the rest, beaten and searced very fine, then mix them all together, and make it up into a Paste with Harts-Horn-jelly, and dry it in the Wind, but not in the Sun, and if you please, you may add to it a little Oriental-Beazar, powdered fine, and a little fine Saffron powdered; when you lay it out to dry, you may make it into little Balls, like Pistol Bullets, or what shape you please: This is good to drive out a Surfeit, and comfort the Vitals, and give a like Sweat: You may give Sixteen or Eighteen Grains to a Man or Woman, and accordingly to young People, as they are in Years, and after it keep warm.

To

To Collet Beef the best way

Take a piece of the thin Flanck of Beef, let it be cut broader by two Inches at the thin end, than at the thick end, take off the inward and the outward skins; and if it be a large piece of Beef, then take six Ounces of Salt-Petre and beat it fine, and a quart of Petres-Salt, and a quart of Bay-Salt, and beat it very fine, and rub on the Salt-Petre first, and then the Petre-Salt, and then the Bay-Salt, and let it lye in Salt a Night and two Days, then take half an Ounce of Nutmegs, half an Ounce of Mace, one Ounce of Pepper, and a few Cloves, and beat them all, but not too fine, then wash the Beef in a Pale of Pump-water very clean, and dry it in a course Cloth, then season it with your Spice all over, and roul it up hard, and bind it up close with broad Tape, and put it in a deep Earthen Pot, and put to it a quart of Clarret, and

a pound of Butter, and tye it over with double Paper, or cover it over with course Paste, and Bake it with Household-Bread, and when it is Bak'd, take it out of the Pot, and roul it up in a course Towel, and tye it at both ends, and hang it up to drain till it is cold, then wrap it up in white Paper, and keep it in a dry place, but not near the fire, to keep it for use.

Or thus for Change.

Sometimes take a handful of Sage, and a handful of Parsly, a bunch of Sweet-Herbs, wash them clean, and shred them, and mix them with the Spice, and season your Beef, and roul it up, and Bake it as before-said.

To make French Bread.

Take two quarts of fine Flower, and half a pint of Ale-Yeast, a pint and half of new Milk, warm the
Milk

Milk blood-warm, put in the Yeast into the Milk, and half a spoonfull of Salt, and stir it together, and strain it through a Hair Sieve into the Flour, and make it into a little Paste not Kneaded, but work it up lightly with your hand, then warm a Linnen-cloth, and a Woollen-cloth very hot, and lay it upon your Paste, and set it warm by the fire to Rise, for half an hour, then work it up lightly with your hand again, and have some little Wooden Dishes warmed, and pinch off little pieces as big as a Turkey Egg, Flour your Dishes, and put into every Dish a piece of it, and cover it down warm, and let it stand by the fire a quarter of an hour, then Flour your Peel, and prick it as you set it into the Oven; half an hour Bakes it in a pretty quick Oven; while it is Hot Chip it.

To Collet a Pigg.

Take a good fat Pigg of a Month or five weeks Old, and kill him, and

and dress him fit to Roast, then cut off the Head, and slit him down the Back, and Bone him, then take a handful of Sage, and chop it small, and two Nutmegs, and a little Mace, and a few Cloves, and beat them very fine, and a good handful of Salt, mix all these together, and season the Pigg all over with it, and roul it up hard, and tye it about with Tape, and sow it up in a clean Linnen Cloth, and boyl it in water with a little Oat-meal in it well, seasoned with Salt, till it is very tender; when it is boyled, take it and hang it up in the Cloaths that it was boyled in, till it is quite cold, then take some water, and put to it some Oat-meal, as if it was to make a thin Water-grewel, season it well with Salt, and put in a pint of White-wine, and half a spoonful of whole Pepper, boyl it all together half an hour, then set it by till it is cold, and then take off the Cloaths, and put in the Pigg, and let it lye eight days in the Sowcing, then use it as
 you

you please; it must be Eaten with Mustard and Sugar, or with Vinegar.

To make a Goosberry Fool the best way.

Take a quart of Goosberries, and scald them tender, and drain them from the water through a Cullender, and with the back of a Spoon, force all the best part of them through the Cullender, and then take a quart, or three pints of new Cream, and six Eggs, Yelks and Whites, beat them well, and put them to the Cream, cut a large Nutmeg in large pieces into it, and some Rose-water and Sugar, sweeten it according to your Pallat, set all on a gentle fire, and stir it till you see it of a good thickness, then take it off, and cool it a little, then put it into white Earthen Cream Bowls, and when it is cold, serve it to the Table.



To make Cinnamon-Water.

Take a pound of Cinnamon, and beat it grossly, then put it into as much White-wine or Canary as will infuse it, and let it infuse Twenty four hours, then take a Gallon of Canary, and two Gallons of White-wine, and put into an Alimbeck or Worm-Still, and put the Cinnamon to it, and Distill it; if you think it will not be strong enough of the Cinnamon, you may put more to it, you may tast by the strength of it when you have Stilled it enough; you may save the smallest by it self, which is good in some cases; this Water must be sweetened with fine Sugar, double Refined is not too good for the use.

To make Barrole Puddings.

Take a pound of Jorden, or Valentia-Almonds, or any sweet Almonds, and blanch them, and beat them

them in a Stone or Wooden Mortar, with a little Rose-water, then take the Cruming part of a Two-penny white Loaf, and the Marrow of three or four Marrow-bones, a Nutmeg grated, the Yelks of four Eggs, let this be wetted with new Cream, put in a little Salt, and if you please, you may perfume it with two or three grains of Amber-greece, and fill the Skins, and boyl them gently till they are enough.

To Dry Beef after the Dutch Fashion.

Take the best part off the Buttock of a Fat Oxe, cut it into what shape you please, and take a quart of Betel-Salt, and as much good Bay-Salt as will Salt it very well, which you must do, and let it stand in a cool Cellar Ten days in the Salt, in which time you must look upon it, and turn it, and rub the Salt upon it, then take it out of the Salt, and hang it in a Chimny where a Wood fire is kept, for a Month, in which time

time it will be dry; you may keep it all the Year, but when you would eat any of it, you must boyl it tender, and when it is cold, slice it out into thin shivers, as thin as you can, and eat it with sweet-Butter, and if you please, a Sallad.

To make Lugatellus Balsom, excellent good for any Green Wound, or any Burn, or Scald, or any Bruise, inward or outward, or for to heal the Lungs, being taken inwardly in Canary-wine or Posset, to the quantity of a Haffe Nut.

Take a quarter of a pound of yellow Bees-wax, cut it into small pieces, and put it into an Earthen Pipkin, with a pint of Canary-wine, melt it, and when it is quite melted, take it off the fire, then take half a pound of *Venus* Turpentine, and wash it in Rose-water, then take a pint and half of the best Sallad-Oyl, and put the Oyl and Turpentine into the Pipkin; when the Wax is well melt-

ed

ed

ed in the Wine, then boyl
together with a very gentle fire
they be well Corporated, then
it from the fire, and let it
and when it is through cold
on the fire again, and wh
thoroughly melted, put in
of the Powder of red-Sa
stir it till it be cold, th
a Gally-pot, and keep

To make

Take half a dozen
ens, about the bigness
and six very young squ
truss them up fit to bake,
six Oxe Pallets well boyled,
ed, and cut in little pieces, then
have six Lamb-stones, and as many
good Veal Sweet-breads cut in halves
and parboyled; the bottoms of five
Artichoaks boyled and blanched, and
twenty Cox-Combs, boyled and
blanched, a quart of great Oysters
parboyled, and the Marrow of four
large Marrow-bones, seasoned with
Pepper,

per, Nutmeg, Mace and Salt, fill
 the Pye with the Meat, and mingle
 the Kernels of Pistachoe Nuts a-
 mong it, Cock-stones, knots of
 hard Eggs, and as much
 you think will serve, for
 all moist, close it up, and
 bake one hour and an half will
 in a gentle Oven; before you
 put into it a
 and when it is ba-
 ter, and Liquor
 and Butter, beat up
 sliced Lemmon, and
 Table.

Make an excellent Frigacy.

Take six Squab Pidgeons, and fix
 Chickens of the bigness of the Squab
 Pidgeons, scald them, and truss them
 when drawn clean, then set them,
 and have some Lamb-stones blanch-
 ed, parboyled, and sliced, fry most
 of the Sweet-breads floured, have
 also some Sparragrass ready, cut off
 the Tops an Inch long, the Yelks of
 two

two hard Eggs, some Pistacho-Nut
 Kernels, the Marrow of six Marrow-
 bones; let half the Marrow be fry-
 ed in Green and White Batter, let
 it be kept warm till it be almost
 Dinner-time, then have a clean Fry-
 ing-Pan, and fry the Fowl with good
 sweet Butter, when finely fried,
 put out the Butter, and put to them
 some good Gravy, some large fried
 Oysters, and some Salt, then put in
 the hard Yelks of Eggs, the rest of
 the Sweet-breads that are not fried,
 the Pistachoes, Sparragrafs, and half
 the Marrow, then Stew them well
 in the Frying-Pan with some grated
 Nutmeg, a little Pepper, a few Shel-
 lots, and a little White-wine, then
 have the Yelks of ten Egg, dissolved
 in a Dish with some good Wine-
 Vinegar, and a little beaten Mace,
 and put it to the Frigacy, then have
 some fine White-Bread and cut into
 Sippets, and laid at the bottom of a
 Dish set on Coals, with some good
 Mutton Gravy, then give the Fri-
 gacy two or three warms on the fire,

and pour it on the Sops in the Dish;
Garnish it with fry'd Sweet-breads,
fry'd Oysters, fry'd Marrow, the
Pistachoes, sliced Almonds, and the
juyce of two or three Oranges, and
serve it up to the Table.

To make a Sack-Poffet.

Take the Yelks of twenty Eggs,
then have a Pottle of New Cream,
boyl it with good store of whole
Cinnamon, and stir it continually
on a good Fire, then beat the Eggs
with a little Raw Cream, and strain
them, when the Cream is well boyl-
ed and tasteth of the Spice, take it
off the fire and put in the Eggs,
and stir them well in the Cream,
being pretty thick, have some Sack
in a Poffet-Pot or deep Bason, half a
pound of double refined Sugar and
some grated Nutmeg, warm it in the
Bason, and pour in the Cream and
Eggs; the Cinnamon being taken
out, pour it as high as you can, hold
the Skillet, let it spatter in the Ba-
son

son to make it Froth, it will make a most excellent Posset; then have Loaf-Sugar finely beaten, and strow on it, and if you please, some beaten Cinnamon: you must put the quantity of Wine according as you would have your Cûrd, but take heed that you have right good Canary-Wine. And when you have Eat it, wish Master and Mistress Bride a good Night, and go to Bed, and it is probable that you may Sleep very well after it.

To make a Sack-Posset another way.

Take two quarts of new Cream, a quarter of an ounce of whole Cinnamon, and two Nutmegs quartered, boyl it till it taste well of the Spice, and keep it stirring or it will burn too, then take the Yelks of fourteen or fifteen Eggs, beaten well together with a little cold Cream, and strain it through a Hair Seive, put them to the Cream on the Fire, and stir

it till it begin to boyl, then take it off and sweeten it with fine Sugar to your Pallat, and stir it till it be pretty cool, then take a pint and a quarter of Canary, sweeten that also, and set it on the Fire till it be ready to boyl, then put it in a fine clean Bason, and pour the Cream into it, ellivating your Hand to make it Froth, for that is very commendable in a Posset, therefore you may put it through a Tunnel, which is the best way to make it Froth.

To make a Syllabub.

Take Sider or Rhenish-Wine, or White-wine, and sweeten it very well with fine Sugar, and grate in a little Nutmeg, fill the Syllabub-Pot half full of this Liquor, then take as much new fresh Cream as will fill up the Pot, and sweeten that also, and take a Glass or Tin Funnel, and pour the Cream through to make it Froth, and let it stand a while for the Curd to harden before you do Eat it.

To Stew a Shoulder of Mutton with Oysters.

Lay a Shoulder of Mutton to Roast, and when it is half Roasted, take off the upper Skin whole, and cut the Meat into thin slices, put it into a Stew-pan, and put to it a little Clarret, two blades of Mace, half a Nutmeg, cut in great bits, one Anchovy, a little Oyster Liquor, and a little Salt, and two or three Shellots, and when it is almost enough, put in some Capers, Olives, Samphire, and slices of Orange or Lemmon, and a slice of good Butter, which must be stirred and shook well about: Let the Shoulder-blade and the Bone have some Meat left on, which you must slash with your Knife and broyl it, let the Skin be finely breded to look brown, then lay the Bone into a clean Dish with some white Sippets under it, and pour on all the Meat upon the Bone, laying it in a handsome form,

then have some large Stewed Oyfters in some of the Sauce, which pour on also, then cover it with the skin, and Dish it with slices of Lemmon and Lemmon-peel, and send it to the Table.

To Stew Pidgeons after the French manner.

Take six squab Pidgeons that are just Killed, let them be Scalded and Trussed as for boyling, then put them into a deep Pewter Dish in a single Row, let them lye close together, and put to them, if in the time that Grapes are to be had, a large bunch of white Grapes, or else a quarter of a pint of White-wine, and half a pint of Water, and thirty Corns of whole Pepper, and a little Salt, and a quarter of a Nutmeg, and a blade of Mace, Stew them throughly, then take a clean Dish, set it upon a Chaffing-dish of Coals, and put them into it, and beat a piece of fresh Butter into the Sauce,

Sauce, and put upon them, and put some Greens or Flowers about the Dish.

To make a Cream-Cheese in Bales

Take a quart of Cream, a pinte of Milk, and the whites of six Eggs, and beat them together, and strain it through a Hair Sieve, then set it on the Fire till it boyleth, keeping it stirring till it begins to be thick, then put some Verjuice to it and stir it together, then have a little Cheese-mould ready by you, and lay a clean Napkin into it, and pour it into the Cheese-mould, and let it stand a while till the Whey is dropped away, and you perceive you may turn it out upon a Plate, which you must do, but turn that side which lay downwards in the Cheese-mould upwards, and scrape double-Refined Sugar upon it, and if you please, put Sack or Rose-water with it. You must wet the Napkin in a little fair water before you use it.

To make an Almond Cheese.

Take a pound of sweet Almonds and blanch them, and beat them very fine with two or three Spoonfuls of Canary, then take three pints of sweet Cream, and six Eggs, and beat together and strain it, and set it on the Fire till it begins to grow thick, then take it off the Fire and stir it till it be almost cold, then put in as much Sack as will make a pretty firm Curd, then pour away the thin part, and put the beaten Almonds to the Curd, and mix them well together, and lay them upon the Cheese-mould as the former, to drain, and when it is cold Dish it, and put fine beaten Sugar upon it, and some Raw Cream, and serve it to the Table.

To Candy Flowers for Sallets,
 as Violets, Cowslips, Clove-
 gill flowers, Roses, Primroses,
 Burrage, Bugloss, &c,

Take weight for weight of Sugar-
 Candy, or double-Refined Sugar,
 being beaten fine and searced, and
 put in a Dish with a little Rose-water,
 set them over the fire, and stir them
 with a Silver Spoon till they be Can-
 died, or boyl them in a Candy height
 Syrup, till you perceive they will
 Candy, keep them in a dry place for
 use, and when you use them for Sal-
 lets, you may strew them upon your
 Sallets at your pleasure, or put a
 little Wine-Vinegar to them, and
 Dish them, and serve them to the
 Table.

To make Black-Puddings.

Take the Blood of the Hogg,
 whilst it is warm, put in some Salt,
 and as much great Oat-meal as will
 make

make it thick, let your Oat-meal be well pick'd, and let it stand soaking all Night, then take a few of the Tops of Rosemary, a little Pennyroyal, some Winter-Savory, and a green Leek or two, shred all these very small and put them in, but take heed it tasteth not too strong of any of them, then put in some sweet Cream, till you see it of a fit thickness, and that the Collour doth begin to be Pale, then beat four or five Eggs, whites and all, and put to it, and season it with Cloves, and Mace, and a little Pepper, and beaten Ginger, and put in good store of Hogs Fat, or Beef Fat, cut in large bits, and fill the Skins with it, and boyl them gently, or they will break, you must not fill them too full.

To make Chrissial Jelly.

Take three pair of Calves-Fet, and scald off the hair very clean, and pull off the Claws, and take out the great Bones and Fat, and lay them

in

In clean water, shift them three or
 four times in a day, and the next
 morning boyl them in a large well-
 Glazed Pipkin with six quarts of fair
 Spring-water, let them boyl gently
 till three quarts of the water be
 boyled away, they will take four
 hours time to boyl them, then strain
 the Liquor into an Earthen Pan or
 Bason, and let it stand till it is cold,
 then take off the Fat from the Top
 clean, and the worst of the Dross
 from the bottom, then put it into
 the Pipkin again, the Pipkin being
 first made clean, put to it three pints
 of Rhenish-wine, or Old White-
 wine, the Juyce of four Lemmons,
 three blades of large Mace, a little
 bit of Ginger sliced, two Pound of
 fine Sugar, then take the whites of
 Ten Eggs, and a pint of White-wine,
 whip them together and put to it,
 and stir all together, and if you will
 Perfume it, you may grind a Grain
 of Musk, and a Grain of Amber-
 greece in a Mortar with a bit of Loaf-
 Sugar, till it be finely ground, and
 then

the put it into the rest, and set it all on a gentle fire, and keep it stirring; you may also before it boyls, put in three or four Ounces of Iling-Glass that is cut into small bits, let it boyl gently half a quarter of an hour, then take it off the fire and let it cool a little, then strain it through a Jelly-bag, and if you see it is not clear at first, put it into the Bag again till it doth come out clear; you must strain it in a warm place, or else it will cool in the Bag, which if it should do, you must take it out and melt it again, putting it into the Bag boyling-hot, you may put it whilst it is hot, into what things you please, and when it is cold, you may turn it out in the shape,

To make Marble-Jelly, or Jelly of several Colours.

Take four pair of Calves-feet, a Knuckle of Veal, a good Flemy Capon, prepared as is said in the
Christial

Christial Jelly, then have a cleane Copper or Brasse Pot, and boyl it in three Gallons of fair water, till six quarts be wasted, but let it be boyled very slowly upon a very gentle Fire, it will take five hours to boyl it, then strain it out into a cleane Earthen Pan through a Hair Sieve, and let it be quite cold, then take off all the Fat from the Top, and the dross from the Bottom, then divide it into four equal parts, and put it into four Pipkins that will contain five pints a piece each Pipkin; to Colour them, put in some Saffron into one of them, as much as will give a bright Yellow Colour, into another, put some Cutchinele beaten with a little bit of Roach-Allom, into the third a little Turn-sole, and let the fourth be white.

Then to every Pipkin take a quart of White-wine, and the whites of eight Eggs, whip the White-wine and the whites of Eggs together with a white Whisk, and put it into the Pipkin, squeeze into each Pipkin the
Juyce

Juyce of two Lemmons, and into the white Jelly slice a little bit of Ginger, and put in the paring of half a Lemmon very thin pared, into the Red Jelly, cut two Nutmegs, and as much in quantity of Cinnamon as of Nutmegs, the like into the Yellow, and the Turn-sole Pipkin, then to each Pipkin put a pound of fine Sugar, or sweeten it to your Pallat: you may Perfume this as directed in the Christial Jelly, with a little Musk and Ambergreace, stir all well together, and set it on a gentle Fire, and when it hath boyled about half an hour all four Pipkins, then hang four clean Jelly-bags upon a Spit before the Fire, with a clean Earthen Pan under each Bag, and strain off the Jellies; but if they are not clear at first, put them up again till they run clear: you may keep them in the Pans to Dish at your pleasure, or if you please, you may have Timoulds in the shapes of Pairs, Quinces, or any other shape as you can Fancy, as Schollop-shells, Cockle-shells,

shells, Eggs, or if you will, you may make a hole in an Egg, and get the white and the yelk clean out, and fill it with this Jelly; you must for to make it cut like Marble, first fill a little of one colour and set it to cool, and fill it a little of another colour and let it cool, and so till the Egg-shell or Mould is full, keeping the Pans of Jelly warm by the Fire-side, and when you Dish this you may cut it in quarters, to make it look to advantage: some of the Moulds you may fill all of a colour, and when you Dish them let it be upon a Dish and Plate. You may Invent many ways of forming this Jelly, as in small clear Cake-glasses, and turn them out upon the Plate when you Dish them.

There is another Jelly to be made which is White, to mix with this for to make it cut in variety of colours, for this white Jelly may be coloured Green with Spinnage colouring, and Blew with a little Indigoe, as also Red with Cutchinele: I shall now give

give Directions for the making this Jelly, which is as followeth.

Take a pound of Jordan-Almonds, and blanch them, and beat them as fine as you can beat them, with a pint of Rose-water; then make a very strong Jelly with half a pound of Isinglass, boyled with one half part Wine and the other half Spring-water; (two quarts of each being sufficient) and when you find your Jelly to be strong, then put in the Almonds, when it hath cooled a little, stir them about, sweeten it to your Pallat, and squeeze in the Juyce of a couple of large Lemmons, then strain it or force it through a clean Hair Sieve, and colour some of it Green, some of it Blew, some of it Red, and cast into what Mould you please, either by it self or with the former Jelly, but to make the outside of the Eggs, some of this white Jelly will do the best.

To make the Cordial Restorative
Jelly.

Take a pound and half of the best
Rasped Harts-horn, and put it into
a large Pipkin, and put to it a Gal-
lon or five quarts of Spring-water,
a pound of Eringoe-Roots, blanch'd
and beaten in a Wooden or Stone
Mortar, but beat them not much
more than to bruise them, that the
Juice may boyl out of them;
take also four ounces of China-roots,
and cut them in very thin slices, and
put them in the Pipkin, and set the Pip-
kin on a gentle Charcoal Fire, and
let it stand gently five or six hours
till almost two thirds of the water is
boyled away, then take it off the
Fire and strain it through a Hair
Sieve, then take three pints of Wine,
the one half Canary and the other
half White-wine, and the whites of
ten Eggs, beat the Wine and Eggs
very well together with a white
Whisk, and have the Pipkin cleaned,

E

and

and the Liquor almost cold, and put the Wine and that together into the Pipkin, and stir it well together, then put to it a quarter of an ounce of Cinnamon, a large Nutmeg, cut in large bits, the Juice of two Lemmons, and the Peel of about half a Lemmon, and as much of Orange-peel pared very thin, also the Juice of two Oranges, and a pound of double-refined Sugar; Let this boyl upon a gentle Fire about half an hour, then strain it through a Jelly-bag till it is fine and clear; Let it be strained into a China Bason, or a fine Earthen Bason, and near the Fire, that it may not grow cold in the Bag: This Jelly may be eat cold, or warm'd in a Porringer, and drank warm, and is a very great Restorative.

To make a Frigacy of Chickens.

Take as many Chickens as will make a Dish, and Scald them, and cut them in pieces, and put them in
 to

to a Stewing-dish, and put to them some strong Broth or some Gravy, a little sweet Marjoram, Thyme, and Winter-Savory, Cloves and Mace, two Anchovies and an Onion, so let it Stew together till they be tenderly boyled, and when the Liquor is wasted, then put in about three quarters of a pint of White-wine, then take a handful of Parsly, boyl it in but a very little while, because of its colour, then take about three quarters of a pound of Butter, and thicken it with Eggs beaten up with Wine, and keep it stirring for to thicken it, when you perceive it is enough, Garnish your Dish with Lemmons sliced, and a little Lemmon-peel, and Dish it and serve it to the Table.

To Stew Carps an excellent way.

Take a brace of Carps, Scale them and scour them with Salt, then open them, and have a care you do not

break the Gaul, nor spill the Blood, and stir it with a little White-wine Vinegar, then put them in a Stewing-dish, and put to them a quart of Clarret, then take a whole Onion and stick it full of Cloves, then put in two or three blades of Mace and a grated Nutmeg, and a bundle of sweet Herbs, and a Shellot or two, so set it upon a good quick fire, and when it hath Stewed a pretty while, take a little clarified Butter that is made brown with clarifying, and pour on the sides of them, and when they are Stewed enough, Dish them up, then take the Sauce and beat up some Butter in it, be sure let your Sauce be thick, and make it Savory with Salt, then pour your Sauce all over the Fish, and Garnish the Dish with the Spawn of the Carp boyled, if they have any; if not, with sliced Lemmon and Lemmon-peel, and some Green and Flowers.

To Boyl Carps the best way.

Scale them, and Scower them with Salt, then open them, and save the Spawn and the Liver, then hang over your Kettle with water, and put in some Salt and Vinegar, and one Onion or two, and a bundle of Sweet Herbs, and when it boyls, then put in your Carps, and let them boyl about a quarter of an hour, till they are pretty tenderly boyled, but not too much, for then you will spoil them, and when you have so done, for your Sauce, take about a quarter of a pint of White-wine, and set it on the fire with Cloves and Mace, and two or three Anchovies, an Onion, and a little Horse-Radish, and when it hath boyled about a quarter of an hour, put in some Oysters, or Oyster-Liquor, and then set it over the fire again, and let it boyl a little while, then take some Butter and beat up in the Sauce, be sure you make it thick, if you find it to be

thin, you may take some grated Bread, or else some of the Flommary next directed, and beat into it to make it thicker, then Garnish your Dish, and dish up your Carps, Garnish the Dish with the Liver and Spawn, and slices of Lemmon and Lemmon-peel, and a little Green and Flowers, and serve them to the Table as hot as you can.

To Coller Eels.

Take off the Skin, then slit the Eel down the Back, take out the Bone and Garbidge, then take Sage and Parsly shred small, and mixed with Pepper, and a good quantity of Salt, season them very well, then Coller them up, and boyl them half an hour in Water and White-wine, and about half a pint of Vinegar, put in some Salt, whole Pepper, a blade of Mace, and a Faggot of sweet Herbs, when they are boyled, hang them up till they are dropped dry, and when the Liquor is cold, put them into it, and keep them for your use.

To

**To make Flemmy, that will
thicken Sauce excellently, in-
stead of flower or grated Bread.**

Take a good handful of beaten
Oat-meal, and put into a quart of
water, and boyl it very well till you
have boyled almost one half away,
then strain it through a Hair Sieve,
and let it stand by you, and as you
need it make use of it; it is far bet-
ter than grated Bread, or Flower,
or in some cases than Eggs.

**To Pickle Walnuts, to eat
like Mangoes.**

Take green Walnuts before the
shell is grown to any hardness in
them, pick them from the stalks, and
put them into cold water, and set
them on a gentle fire till the outward
skin begins to peel off, then take
course Cloaths and wipe it off, then
put them into a Tubb, or a Pot, and
put water and Salt to them, chang-

ing once a day for Ten or Twelve days, till the bitterness and discolouring of the water be gone.

Then take a good quantity of Mustard-seed, and beat it with Vinegar till it becomes course Mustard, some Cloves of Garlick, and some Ginger, and a little beaten Cloves and Mace, make a hole in each Nut, and put in a little of this, then take White-wine and White-wine Vinegar, and boyl it together, and as you are going to take it off from the fire, put in Pepper, Ginger, Cloves, Mace, and some of the Mustard and Garlick according to your discretion, then put the Nuts into it boyling-hot, then cover the Kettle till they are cold, then put them up in a Jarr-Glass, or a well-glazed Pot, and keep them under the Liquor close ty'd down with Leather, for your Use.

To Pickle Turneps,

Take Turneps small and round, about the bigness of a small Walnut,

nut, or less, dry them well with a Cloath, then take Dill and Fennel, a pretty quantity of Salt, Pepper, and Mace beaten together, lay these in the bottom of an Earthen Pot, then lay upon this a laying of Turneps, and on every laying of Turneps a little Dill, Fennel, Salt, Pepper and Mace, as before, till the Pot be almost full, then put into the Pot Verjuice and White-wine Vinegar, but more Verjuice than Vinegar, and keep them close stopt a Month or five Weeks before you use them.

Another way to Pickle Turneps

Take them when they are in their prime, pare and slice them pretty thin, then take as much White-wine Vinegar as will cover them, put a good quantity of Dill, and a little Pepper bruised, put them into an Earthen Pot, and lay a Board upon them to keep them down under Pickle, then tye them up close, and they will keep all the year.

To

To Pickle Cowslip-Flowers.

Take a steep Earthen Pot, or Jarr-Glass, and lay a laying of Flowers, and a laying of Sugar, till the Jarr or Pot be full, then put White-wine Vinegar to them, and keep them close covered for use.

To make a Carp Pye.

Take Carps and Scale them, and take out the Bones, and pownd the flesh of them in a Stone or Wooden Mortar, with some of the Blood with it, which must be according to discretion, because it must not be too thin or too soft, then Lard it with the Belly of a very fat Eel, and season it, and Bake it like red Deer, and eat it cold.

To make Collered Neats-feet, to Eat like Brawn.

Boyl the Neats-feet and Order them as at other times, take also

twiece of Pork that is of the Flanck,
 it d boyl it indifferently, then pick
 a the meat off from the Neats-feet,
 cld roul up the piece of Pork like
 a Coller of Brawn, then take a strong
 linnen Cloath, and some large Tape;
 you must take off the skin from the
 Pork, and having put the Pork into
 the Cloath, with the Meat of the
 Neats-feet about it, roul it up hard
 in the Cloath, and bind it up with
 Tape, and boyl it again till you think
 a Straw will run through it, then
 take it and hang it up in the Cloath
 till it is quite cold, then put it in
 a Soucing Liquor, and use it at your
 pleasure.

To Pickle Broom-Buds.

Gather your Broom-Buds in the
 close Bud, clean from Seeds or Leaves,
 put them in a Glasse Bottle or Jarr,
 and make Brine strong enough to
 bear an Egg, and fill up the Bottle
 and stop it close, and let them stand.
 Then to make them fit to eat, take
 them

them and pour away the Brine, and wash them in fair water, then let them stand in fair water Eighteen hours, then pour the water from them and put them in a Skillet, and put to them half Water and half Vinegar, and cover them close with a Cloath under a Trencher, and let them boyl gently till they are tender, then take them off the fire, keeping them close covered till they are cold, then pour the Liquor from them, and put them into a Gally-Pot, and put Vinegar to them, and cover them close, and keep them for use.

To Coller and Souce an Eel.

Take an Eel and slit it open, then season it with Salt, Mace and Pepper, then roul it in such manner as you roul Brawn, boyl it in a pint of White wine, and a pint of Water, and half a pint of Wine-Vinegar, to be put in a little before you take it from boyling, which is when you find it tender, let it boyl a Walm or two

two after the Vinegar is in, then take it off and let it cool, then put it into a deep Earthen Pot, and cover it close, and set it by till you think it Souced enough, then Eat it.

To Pickle French Beans.

Take *French-Beans* before they be ripe and cut off the stalks, then take good White-wine Vinegar and boyl it with Pepper and Salt, season it to your Pallate, and let it stand till it is cold, then take the *Beans* and pack them also into an Earthen Pot, and put Dill between your layings, and put in the Pickle and cover them close for three weeks, then take the Pickle and boyl it, and put it to the *Beans* when it is boyling hot, and cover them close, and when they are cold, they will be fit to eat.

**To Scald and Green several sorts
of fruit, as Plumbs of all sorts,
and Pippins, or Jenniting-
Apples.**

Take them when they are Green upon the Tree, and put them into a Skillet of cold water, covered very close over a gentle fire, till they are through Scalded, and will peel, and when you have peeled them, then heat a fresh Skillet of fair water scalding hot, and put them into it, and cover them very close, and set them on a few Embers, till they are Green, which will be in one, two or three hours: these are for to put in Tarts.

To Stew Pidgeons.

Split them in halves, then lay them in a deep Pewter-Dish, and put to them an equal quantity of Wine and Water, as much as will keep them from burning, the seasoning must

must be a little Cloves and Mace, a few corne of whole Pepper, and a little Salt, and when they are Stewed enough, beat up a little butter thick in the Liquor they were Stewed in, and serve them to the Table; if you have any Ketchup, you may put in half a score drops.

To make Damson-Wine.

Dry your Damsons in an Oven after you have drawn your Bread, then to every quart of Damsons put three quarts of fair water, but first boyl it very well, put your water and Damsons into a Runlet together, and let it stand fifteen days, then draw it off into Bottles, and into every Bottle put a lump of Sugar, and in a month or six weeks, it will be fit to be drank; when you Drink it, you may sweeten it to your Pallat.

To make Quince-Wine.

Pare your Quinces, and slice them very thin, Cores and all, then weigh them,

them, and put them into a Runlet with a Tap-hole in it, and to every ten pound of Quinces, put a Gallon of well boyled water boyling hot, stop it close, and stir it well together once a day, then stop it again for ten or twelve days; then draw it off, and to every Gallon of Liquor, put a pound of Loaf-Sugar, and when it is well dissolved, Tun it up into the Runlet again, if you can, let the Runlet be full that you keep it in, let it be stopped very close, and about a Month or six Weeks after, bottle it off, and keep it for your use.

To Fat Chickens in a little time.

Take Rice and grind or pown it, then take the Flower and scald it well with Milk, and mix it with brown Sugar, and give it your Chickens in the day-time, but no more than they can eat at a time, for when you give it them it must be warm, it must be as thick as Paste, give it them

them in their Troughs belonging to their Coopes, and give them Beer to Drink, and they will be quickly Fat.

Another way to Stew Pidgeons.

Take as many Pidgeons as will make a Dish, and cut them in four quarters, they must not be washed, but put them into a Stewing-dish, and put as much strong Broath as will cover them, Season them with Cloves, Mace, two or three Anchovies, a little Thyme and Sweet-Margorum, and Savoury and an Onion, and a little Salt; when they have boyled a while till they are pretty tender, then put to them about half a pint of Clarret or White-wine, and when they are tenderly boyled, put some Butter into it, and beat it up, and thicken it with Yelks of Eggs, or some of the Flommary directed to be made in Page 29. If you have any Oysters or Oyster-Liquor, you may put some in, and then the less
F strong

strong Broath will serve. Dish it upon fine white Sippets, and garnish the Dish with sliced Lemmon or Barberries, and some Greens or Flowers, and serve it to Table.

To make Surfeit-water an excellent way.

Take a Gallon of white Anniseed-water, a peck of Red Field Poppies, steep them three days and three nights, then strain them out, and put in half a pound of Raisons of the Sun Stoned, half a pound of Figgs sliced, half an ounce of Mace, half an ounce of Cinnamon, one ounce of Nutmegs cut in pieces, one ounce of Liquorish, a quarter of an ounce of Cloves, half an ounce of Grains, let these stand together three days and three nights, then strain it, and put to it as much Sugar to sweeten it as you think fit. The Poppies and Spice you Strained out, Still them, and they will make an excellent Water.

To make Apricock Wine.

Take three pound of Sugar, and three quarts of fair water, let them boyl together, and take off the scum, when it riseth put in six pound of Apricocks, par'd and ston'd, let them boyl till they are very tender, then take them off the fire, and let them stand till almost quite cold, then take up the Apricocks and strain the Liquor, and when it is quite cold put it into Bottles; you may put in a sprig or two of flowered Clary, which gives a good Flavour when the Apricocks are taken up. The Apricocks will serve to make Tarts for your Table.

To make Cowslip Wine.

Take four Gallons of Water, six pound of Sugar, boyl your Water and Sugar very well together, for the space of one hour, having put into it the Whites of six Eggs, well

beaten with a white Whisk, in a Gallon of the Water, when cold, scum it as the scum ariseth, then put it into an Earthen Pot, and take half a Bushel of Cowslip Flowers clean pickt, and beat them in a Mortar, and put them into the Liquor, the next morning strain them from the Liquor, and squeeze them very hard, then take a pint of the best Ale-Yeast and put in it, and when it begins to work, spread on both sides a large Tost very well Tosted, some of the Yeast, and put it in, then put in two Bottles of Canary, and one Bottle of Rhenish-wine, and the juyce of three Lemmons, afterwards let it work a day and a night being close covered, then strain all out, and put it into a Runlet, and stop it close, and after a Month it will be fit to Bottle, then draw it into Bottles, and put to it a lump of Sugar in each Bottle, if you please; it will keep all the Year.

his Grace Gilbert Lord A. B. of
Canterbury, his most Excellent
Plague-water.

Take Agrimony, Worm-wood,
Sellendine, Angelica, Sage, Tormen-
til, Scabios, Balme, Mug-wort, Pim-
pernel, Sparemint, Scordium, Cardus
Benidictus, Dragons, Fetherfew,
Wood-Sorrel, Avens, Burnet, Moth-
worth, Gallenga, Rue, the Flowers
of Marigolds, Cowslips, Penny-Rial,
of each half a pound, of Rosemary
one pound, a little Root of Elecam-
pane, the Seeds of Fennel, Annis,
Coriander, Cardimums, of each two
Ounces, beat the Seeds and shred
the Herbs small, or beat them, and
infuse them in three Gallons of Ca-
nary, in a Vessel that you can stop
up close, a great Jarr-Glass is best,
and after Eight and Forty hours,
Distill them in a Still well pasted,
to keep in the Spirits, you may add
of the best Methridate four Ounces,
and Treacle, Andromica six Ounces,

mix these with the other; when you are ready to Still them, you are to weigh the Herbs green, and so Still them; you may Still about five quarts of good Water, afterwards if you draw any more, keep it by it self, for the small will wax Sower.

An Excellent Medicine against Sharp Humours in the Blood.

Take Rosemary and dry it in the shade, and Powder it, and take as much in a Morning as will lye upon Six-pence, in a Glas of White-wine, and fast three hours afterward.

How to make a Chadron-Pye.

Take a Calves Chadron and Par-boyl it, then when it is cold, shred it very small, then shred a pound of Suet very fine, then season it with half an Ounce of Cinnamon, and two Nutmegs, and a little beaten Cloves and Mace, a little shred Lemmon and Orange Peel, four good Pippins shred small,

small, a little Rose-water, and half a pint of Sack, if it be a large Chaldron, if not, a quarter of a pint will be enough; and a pound and half of Currans, mix all these together with a quarter of a pound of Sugar, and a little Salt, then fill your Pyes or Florendine with this Meat. This Florendine must be Bak'd in Puff-Paste, or cold Paste.

A most precious Water against the Plague, or a Surfeit, or an Ague.

Take two pound of Rue, and an equal quantity of each Herb following, to make up four pound in weight, Scordium, Rosafolis, Agrimony, Worm-wood, Salendine, Sage, Pimpernel that groweth in the Corn, Balm, Mugwort, Dragon, Marigolds, Leaves and all, Fetherfew, Burnet, Sorrel, Elecampane-Root, scraped and shred small, Scabios, Wood-Bittony, Cardus Benidictus, Angelica, Rosemary, in all four pound weight, Sparemint-water, Bittony-
F 4 water,

water, Pellitory of *Spain*, a quarter of a pound of each, Pellitory of the Wall two Pound, mingle all these together, and shred them very small, then steep them in the best White-wine three days and nights, stirring of it two or three times a day, put in no more Wine than will first cover the Herbs, then Distill it in a common Still, pasted up very close to keep in the Spirit; you must take care that you do not draw off too much, for this Water should be strong, therefore you must taste it, and when you find it begin to run off weak, then draw the weak by it self, which will turn fouer if long kept, but for present use may serve in some cases, the Virtues of this Water are many; it is good against the Infection of the Plague, and if the Sore come not out kindly, then mingle a little Mithridate in four or five Spoonfuls of this Water, and give it the Patient cold to drink, and lay him warm to sweat afterwards: It is likewise good against any Infection
of

of the Small-Pox, or Measles, give four Spoonfuls of the Strong water to drink without Mithridate, except you see occasion, for both together may drive out the Small-Pox or Measles too violently: It is also good in Surfeits, but if there be any Feaver, then give of the Small water, and if no Feaver, then give of the Strong: It is likewise good against the cold shaking Agues, and if the fit be very cold, put a little Mithridate into four or five Spoonfuls of the Strong water, and give it two hours before the fit cometh, and then walk away your cold fit, or if you are not able to walk, then lye down and cover your self warm, to get heat before the cold fit doth come, and in three or four times it will relieve the Patient.

An excellent way to Pickle Cucumbers.

Take Right *English* Cucumbers, wipe or wash them clean, then take

as

as much water as will cover them, and as much Salt as will make it bear an Egg, then boyl it, and scum it, and put it to your Cucumbers into a deep Earthen Pot, and let them stand three Days and three Nights close covered, so that the steem cannot get out, then take as much White-wine Vingar as you did water, with Cloves, Mace, Nutmegs, Ginger, and a little more white Pepper than any other Spice, boyl your Spice with your Vinegar, then put the Brine away from them, and lay the Cucumbers into the Pot, and between each lay put Dill and Fennel, and Horse-Radish, then put your Vinegar, with a penny-worth of Roach-Allum boyled in it, or if you like not the Allum, then take a penny-worth of Salt-Petre, with the Spices, pour the Pickle scalding hot upon your Cucumbers, cover them close to keep in the steem, and lay a Board upon them to keep them under the Pickle, or else they will grow moldy, let them stand about a Month, and they will be

be fit for use, they will keep very long being done this way; a Year at least.

To Boyl Ducks the French way.

Take them and Lard them, and put them upon a Spit, and half Roast them, then draw them off and put them into a Pipkin, and put a quart of Clarret-wine into them, and some Chesnuts blanched, and a pint of large Oysters, three Onions minced very small with some Mace and a little beaten Ginger, a little Thyme stripped, and a Crust of fine Bread grated into it to thicken it, and beat in a slice of Butter, and Dish them upon Sippets, and Garnish the Dish with Barberries Pickled, and sliced Lemmon, and some Greens, and send them to the Table.

To make a Tansie.

Take a quart of new Cream, and a quarter of a pound of Naple-Biscuits,

kets, grate them and put them into the Cream, then grate a Nutmeg and put in, then take two penny-worth of Spinnage, and a handful of Tansie, pick and wash it very clean, and swing them in a clean course cloath, then beat them very well, and squeeze out the juice very hard, and strain it through a Hair Sieve, then take fourteen Eggs, take away six of the whites, and beat them very well, and strain them into the juice, then put the juice and the Cream together, and sweeten it very well, and put in a little Salt to take away the Flashiness of the Eggs and the juice, then have a Skillet clean scoured, and put in about two ounces of fresh butter and melt it, and shake it all about the Skillet, then put in the Tansie, and set it over a gentle fire, and keep it stirring till it grows as thick as batter, then if you have conveniency bake it, as thus, take a round Tin Pudding-pan, and butter it very well, then put in your Tansie which is in the Skillet, and put it in an Oven which

which is not too hot, and half an hour will bake it, and when it is bak'd turn it out upon a Plate or Mafarene, and squeeze the juice of two Oranges upon it, and strow on good store of double refined Sugar beaten small, and garnish it with Carved Oranges sliced, and quarters of Orange, and serve it to the Table.

If you have not an Oven, then you may bake it in a Frying-pan over a very gentle Fire, but an Oven is better.

To make Gooseberry-Tart the best way.

Take to every three pound of Fruit one pound of Sugar, and a quart of fair water, boyl your water very well, but you must put the foresaid quantity when it is boyled, bruise the Fruit and steep it twenty-four hours in the water, stir it sometimes, then strain it off and put the Sugar to it, then put it into a Run-let and stop it, let it stand a fortnight or

or three weeks in a cool Cellar, then draw it into bottles, and Cork it well, and tie down the Corks, let it stand a Month or two, then it will be fit to Drink.

In the same manner make Currans and Raspberry-Wine.

To make Cherry-wine.

Stone the Cherries, but do not bruise them, take the same quantities as for Goosberry-Wine of water, Sugar and Fruit, put in the Cherries and Sugar when the water is boyled, and let them Stew a little over the Fire, a quarter of an hour, then let the Liquor run through a hair Sieve, but Press it not, and do with it as with the Goosberry-wine.

The only Cherries for this use are the great Barers, the Murry and Morrilla, Black-Flanders, and *John* the Decent-Cherries.

All these sorts of Wines may be put into Runlets to work, they must have some small vent till the working is over, then to be kept close stopped.

How

How to make a Quaking-Pudding

Take a Penny-loaf and grate it, then take a pint of Cream, and eight Eggs, and take away the whites, beat them very well, then grate a small Nutmeg, and two spoonfuls of Rose-water, mix all these together, then put in a little Salt, and as much Sugar as will make it pleasant, then put your Pudding-Cloath into boyl- ing water, and let it boyl a little, then squeeze it out, and spread it all over with Butter, then strew it all over with Flower, and lay it in a Bason or Cullender, and put the Pud- ding in and tye it up close, one hour will boyl it; then for Sauce, take Rose-water, and a little Sack, and a quarter of a pound of sweet Butter, and a good Spoonful of fine Sugar, and set it over the fire and melt it thick, and scrape Loaf-Sugar upon the Pudding, and on the brim of the Dish pour on the Sauce, and serve it to the Table.

In



In the Spring time, you may Colour this Pudding with the juice of Spinnage, or Cowslips, or Violets, or in the Summer with the juice of Marigolds.

How to make a Rice Pudding.

Take a quarter of a pound of Rice, and boyl it in a quart of Milk till it be very tender, then put it into a Cullender, and let all the Milk drain from it, then beat it in a Mortar very well, then grate in a quarter of a pound of Naple-Biskets, and take a pint of Cream, and six Eggs, one Nutmeg grated, a little beaten Cinnamon, two Spoonfulls of Sack, and a little Rose-water, a little Salt, and as much Sugar as will Season it to your taste, then take a Cloath which is dipt in boyling water, and Butter it very well, and strow it all over with Flower, and tye it up close, and boyl it one hour, then make Sauce for it with Rose-water, Butter and Sugar, and Butter melted thick,

thick, pour it upon the Pudding, scrape on Sugar, and strew on a little beaten Cinnamon, and serve it to the Table.

If you please to Bake this Pudding, then put in half a pound of Currans, and half as many Raisons of the Sun, and three quarters of a pound of Beef-Suet shred fine, and so Bake it; one hour will Bake it, the Oven must not be too Hot.

How to make an Almond Pudding.

Take half a pound of Almonds and blanch them, then beat them in a Mortar, with three or four Spoonfuls of Rose-water, but not too fine; then grate a quarter of a pound of Naple-Bisket, or the Crum of a Penny white Loaf, a beaten little Mace, a little Salt, and as much Sugar as will make it pleasant, then take a pint of Cream, and Eight Eggs, take away half the whites, beat them very well, and strain them through a Hair Sieve,

G

then

then mix it all together, and have a clean Cloath dipped in boyling water, and squeeze it out hard, then Butter it all over, and lay it in a Bason, then put the Pudding in and tye it up close, and let it boyl quick one hour, then have a quarter of a pound of smooth Sugar Almonds, or blancht Almonds, and stick them all over the Pudding for Sauce, take four or five Spoonfuls of Sack, and put in a good piece of fresh Butter, and melt it thick, and sweeten it, and pour it all over the Pudding before you stick the Almonds, then scrape some fine Sugar on the brim of the Dish, and send it to the Table.

How to make an Orange Pudding.

Take the Peels of four good Civil-Oranges, and boyl them in a good quantity of fair Water one hour, then pour it away, and put as much as at first, and boyl them one hour more, and so do for three times, then put them into cold Water,

ter, and let them lye all night, then take them and dry them in a clean Cloath, and beat them in a Stone or Wooden Mortar very fine, then have half a pound of Naple-Biskets grated and put to them, and one quart of Cream, and Ten Eggs, take away half the Whites, beat them very well, and strain them into the Cream, then grate a small Nutmeg and put to it, put a in little Salt, and half a pound of good Sugar, stir it all together, then have a thin sheet of Puff-Paste, and Flower the bottom of a deep Pewter Dish, lay on the Puff-Paste, then put in the Pudding, and put half a pound of good fresh Butter, and put it all over the Pudding in small pieces, then cover it with another sheet of Puff-Paste, not too thick, and cut it with fine works, and on the brim of the Dish; one hour will bake it.

How to make a Marrow Pudding.

Take a quart of good Cream, and Ten Eggs, take away four Whites,
 G 2 beat

beat them very well, strain them into the Cream, grate in a good Nutmeg, a little beaten Cinnamon, put in a little Salt, no more than will take away the Flashiness of the Eggs, put in two Spoonfuls of Rose-water, and as much Sack, season it with Sugar to your taste, stir it well together, then butter the bottom of a deep Pewter Dish, and put in these ingredients into the Dish, and then take the Marrow of three good Marrow-bones broke into pieces as big as a small Walnut, and put it all over the dish, then have a penny white Loaf cut into thin Sippets, and lay them all over the Marrow, then have half a pound of Raisons of the Sun, wash'd and ston'd, strow them upon the bread, then have a border of Puff-Paste, and lay it on the brim of the Dish, cut it into fine Works, and bake it, but not in too hot an Oven, three quarters of an hour will do it; when bak'd, you may Garnish it with Preserved Barberries, Cherries, Balleys or Damsons, or a few
of

of each of these; scrape on Sugar, and send it to the Table.

A most Excellent Tanzey.

Take a quart of good Cream, and the juice of two penny-worth of Spinnage, and a small handful of Tanse beat with the Spinnage, and strain it into the Cream, then beat eighteen Eggs, take away eight whites, besure beat them very well, then strain them into the Cream, then grate in one large Nutmeg, and put in a little Salt, and sweeten it very well, then butter a Pudding-ban very well, and put it in, and bake it an Oven as hot as for a Custard; for the Garnish, it must be as the other.

How to make White Mead.

Take four Gallons of Spring-water, and two quarts of good Honey, and two Nutmegs, a quarter of an Ounce of Cloves, half an Ounce of Cinnamon, two Races of Ginger,

boyl all these together till one Gallon be wasted, then set it by in an Earthen Steen, and cover it close, or if you have a small Runlet that is better; when it is a Month Old Bottle it, and it will keep half a Year.

How to make Almond Cream.

Take half a pound of Jordan-Almonds and blanch them, beat them in a Mortar with four Spoonfuls of Rose or Orange-flower-water, then take a quart of Cream and put to the Almonds, and stir them well together, then strain it through a hair Sieve, and set it on a slow fire, and let it just boyl, then take it off and sweeten it, but not too sweet, then put it out into little China Dishes, and when it is cold, serve it to the Table.

To make Sauce for a Boyled Leg of Mutton in the Winter.

Take Samphire, Capers, and boyl'd Parsley, shred half the Capers and all the
the

the Samphire, you must have two penny-worth of each, shred the Parsley with them, then melt half a pound of Butter thick, with a little Vinegar, and a little of the Mutton Broath, then put in the shred Parsley, Capers, and Samphire, and if you like sweet Sauce, then sweeten it to your taste, then have a Dish ready with carv'd Sippets, lay'd under the Mutton, and pour on the Sauce all over the Meat, and strew on the whole Capers, or if you please, you may eat it without Sugar, which is most in Fashion now; Garnish your Dish with Pickled Barberries, and Capers, and Parsley.

In the Spring.

Take young Spinnage and pick it, and wash it clean from the Gravel, then take a Skillet of boyling water, season it with a little Salt, and put in the Spinnage, boyl it a quarter of an hour, then put it in a Cullender and squeeze away the water, and melt some Butter thick, and put to

the Spinnage, and stir it into it in the Dish, upon a Chafing-dish of Coals, then put it in handſom Order in the Dish, lay on the Meat, and put ſome of the Spinnage ſhred, into the reſt of the Butter, and pour it all over the Meat; Garniſh the Diſh with Pariſley-flowers and carv'd Lemon.

Sauce for a Leg of Lamb.

Boyl Spinnage as before, then have a hundred of boyled Sparrow-graſs, the firſt lay Spinnage into the Diſh, then lay on the Lamb, then cut off the Tops of the Sparrow-graſs above half an inch long, put it into ſome Butter melted very thick, with a little of the Liquor which the Lamb was boyled in, lay ſome carv'd Sippets in the Diſh, and put the Sauce all over the Lamb; Garniſh the Diſh with Pariſley-flowers and carv'd Orange, you may put a little juice of Orange in the Sauce. Sometimes for change, put in ſome ſcalded Goosberries amongſt the Sauce.

A Cure for a Consumption.

Take as much Burrage as will cover the bottom of a Still, and as many Chickens split in the middle as will also cover the Still, let the Stones of the Cock Chickens remain in them, let the Chickens not be washed, lay the Chickens into the Still upon the Burrage, put into them two Ounces of Harts-horn, then cover them with Burrage again, and a handful of Endiff, and Dandelion, and Liverwort, four Ounces picked and washed clean from the Earth, and spotted Lungwort a handful, then Distil them in a cold Still carefully, and keep the water for use, and when you do use it, make a Powder with the particulars as followeth: Take a Dram of Pearl, a Dram of red Coral, a grain of Musk, and a grain of Ambergreece, five or six grains of Beazer, Orientalis, and a Book of Leaf-Gold, let this be beaten into a very fine Powder, and to

three

three Spoonfuls of the water, put as much of the Powder as will lye upon a Single-penny, and take it in the Morning Fasting, and when you go to Rest.

To make Sauce for Green-Gee.

Take Sorrel, pick it and wash it, and swing it in a course Cloath, and stamp it, and strain the juice, then have some Goosberries tender scalded, but not broke, then melt some Butter very thick with the juice of Sorrel, then sweeten it well with Sugar, and put in the Goosberries, put it into the Dish and lay the Geese upon it, and Garnish the Dish with scalded Goosberries, and a little scrap'd Sugar: This Sauce will serve for a boyled Leg of Lamb.

To make Sauce for a boyled Leg of Mutton, or Lamb, in the Summer.

Take some good Colly-flowers, and cut the stalks off by the Flowers, wash

wash them clean, and tye them up in a clean Cloath, then have some Milk and Water boyling on the Fire, put in the Colly-flowers, boyl them till they be tender, but not broke, take them up in a Cullender and let them drain, then set your Dish upon a Chafing-dish of Coals, and lay in your Colly-flowers all round the Dish, then lay the Meat in the middle, then have some Sparrow-grass ready boyled, cut off the tops about half an Inch long, melt almost a pound of good fresh Butter, put half of it upon the Colly-flowers in the Dish, then put the Sparrow-grass into the rest of the Butter, and pour it upon the Meat; Garnish the Dish with Flowers and Parsley; this Sauce will be good for boyl'd Chickens, adding a hundred of Sparrow-grass to it, which you must lay between the Colly-flowers, twenty in a parcel, and Garnish the Dish as before, only lay Sippets as before in the Dish.

To boyl fresh Fish, as Flounders,
Plaice, Whittings, Halibuts, and
Thornbacks.

Take your Fish being clean wash'd
and scrap'd, and strow it with Salt,
and let it lye half an hour, then set
the water on the Fire, and season
it with Salt very well, then put in a
little whole Pepper, one great Oni-
on cut in slices, a blade of Mace,
some slices of Nutmeg, a bunch of
sweet Herbs, make your Liquor boyl,
then put in the Fish and boyl it, but
not too fast, about a quarter of an
hour, if the Fish be thick, if not,
then half the time will be long e-
nough, then take them up and lay
them in a Dish, and set the Dish
upon some hot Coals, and dry up
the water with a Sponge as fast as
it comes from the Fish, then put
Sippets into the Dish, and lay on
the Fish.

To make Sauce for all sorts of Fresh Fish.

Take two Anchovies, and boyl them in a little White-wine a quarter of an hour, with a Shellot cut into slices, then melt your Butter very thick, and then put in a pint of pickt Shrimps, and give them a heat in the Butter, and pour them upon the Fish; sometimes you may put in some Oyster Liquor.

To make Sauce for boyled Rabbets.

Take great Onions and peel them, then boyl them half an hour in good store of water, then pour that from them, then put more fresh water to them, and let them boyl till they be tender, then take them up into a Cullender, and drain all the water from them, and put them into a Pewter Bason, or a Sauce-pan, or Pipkin, and put to them about half

a pound of good sweet Butter, a little beaten Pepper, as much Salt as will make them Savoury, and set them on the Fire, always keeping them stirring, and break the Onions with the back of a Spoon, then lay the Rabbits in the Dish, and when your Sauce is thick and white, pour it all over the Rabbits; Garnish your Dish with pickled Barbarries, Parsley and Salt, and so serve it to the Table. This Sauce is for the Winter Season.

For the Spring time for young Rabbits.

Take young Onions or Sives, boyl them till they be tender; you must take all the green of the Onions but just the tips, when they be boyled shred them very small, then melt some Butter very thick, with some of the Flommary, and put in the Onions or Sives, and stir them together, and when hot, put them over the Rabbits, and Garnish the Dish with

with Flowers, Parsley and Salt, and
 to serve it to the Table. This Sauce
 is ~~for~~ young Roasted Ducklings.

Savoury Sauce for a Roasted Hare.

Take strong Broath, a great Oni-
 on, and a bundle of sweet Herbs,
 cut the Onion into small pieces, put
 in some Pepper grossly beaten, and
 as much Salt as will make it Savory,
 a slice or two of Lean Bacon, a lit-
 tle shred Sage, let it boyl half an
 hour, then shake in a little Flower
 out of a Dreger, and let it boyl half
 an hour longer, then put in the Gra-
 vy which comes from the Hare, and
 a little Ketchup, and when the Hare
 is enough, serve it to the Table.

To make Sauce for Roasted Chickens.

Take some Mutton or Beef Gravy,
 and shred it into a Shellot or two,
 and a little Pepper, half a spoonful
 of

of Ketchup, or if you have no Ketchup, then put in one Anchovy, boyl it a little, then put in a little juice of Lemmon, or shred Lemmon.

This Sauce is good for Pullets or Capons; take the Necks of the Fowls as thus, and cut them very small, or bruise them very well with a Pestle or Rouling-pin, then take some strong Broath, and slice in one great Onion, a little Pepper, and a little Salt, put in a little Flower with the Gravy of the Fowl, boyl it well together, and put it to the Fowl.

To make a Grand Sallet.

Take half a pound of Butter, and clap it down in the middle of a large Pewter Dish, then have some shred red and white Cabbage, some Parsley pickt fine and lay'd upon the Butter, so as to cover it, then stick a branch of Laurel in the middle of the Butter, then have these things as followeth; as, Pickl'd French-beans, Pickl'd Sparrow-grass, Broom-buds, Mushrooms pickl'd,

pickl'd, Schollöps, pickl'd Oyfters, Anchovies wash'd and split, Capers, Luke-Olives, Mangoes, Bambooes; if it be in the Spring, when Sallet is very young, then have a little Spring Sallet finely pick't, and lay in one quarter, you must divide your Dish in so many parts as to lay a little of all these things alone by themselves, one Mango is enough, it must be laid in whole; Garnish your Dish in Summer with Flowers, and slic'd carv'd Lemmons; and in the Winter with carv'd Lemmon, and red and white Cabbage, and Parsley, you must dip your red Cabbage in Vinegar to make it keep its colour, some pickl'd Barberries, Garnish your Dish and set it upon a Stand in the middle of the Table. Let it be the first and last Dish upon the Table.

How to make Sauce for a Cods-Head.

Take a quart of Oyfters, and put them into a Cullender, and let the
H Liquor

Liquor run from them, then wash them clean from the Gravel in fair water, then lay them on a clean Cloath to dry them, then strain the Liquor through a hair Sieve, and put in the Oysters with some whole Pepper, a blade of large Mace, four Shellots, one Anchovy, let them boyl a quarter of an hour, then set them by, then take a quart of pickt Shrimps, and put them into the Oysters, and set them over the fire, and let them just boyl, then melt a pound and a half of good Butter with some of the Flommary, melt it very thick, and put in some of the Oyster Liquor, then set it over the fire again and heat it, then put the Oysters and Shrimps into a Cullender, and when the Liquor is run from them, put them into the Butter and heat it altogether, and when you have laid the Head, and Roe, and Liver in Order in the Dish, as thus, first the Head, then lay the Roe in the Head, and the Liver on each side of the Dish, then pour on the Sauce all over

over the Head, and lay on Fry'd Smelts, Fry'd Gudgeons, Fry'd Oysters and Cockles, Garnish the Dish with Sippets under the Head, carv'd Lemmons in slices, Parsley, pickl'd Barberries, red Cabbage cut in shreds, and dip'd in Vinegar to make it keep its colour; shred some Lemmon Peel and strew upon the brim of the Dish, and serve it the Table.

Before take out all the Liquor with a Sponge, before you put the Sauce to it.

How to Boyl Chickens after the French Fashion.

Take young Chickens as big as Pidgeons, and scald them, and wash them clean from the blood, then Truss them for boyling, then have some strong Broath in a Pipkin, as much as will cover the Chickens, then put them into the Pipkin with three pints of young green Peas, and two handfuls of young green Spinage, a little Salt, one Shellot, let

them boyl till the Peas be enough, then stir in a good piece of fresh butter, then take a deep Pewter Dish, and cut Sippets and lay all over the bottom, set it on a Chafing-dish of Coals, put on some of the broath, and let it have a heat, then lay on the Chicken, then pour on the rest of the broath; Garnish the Dish with Parsley, and Flowers, and serve it to the Table.

In the Spring before Peas come in, take the tops of two hundred of Sparrow-grass, cut about half an inch long, instead of Peas.

How to Pickle French-Beans another way.

Take young Beans and string them, then take some water, as much as you think will cover them, then put in as much Salt as will make it a strong brine, so strong as to bear an Egg, then lay the Beans in the Pot, strowing between every laying a little white Pepper, Mace, and sliced Ginger,

Ginger, boyl the brine half an hour, then pour it upon the Beans boyling hot, cover them down close, and lay a board with a weight upon it, to keep them under the Pickle, let them stand so ten days, then take two quarts of Wine Vinegar, and make it boyl, then put in as many of the Beans out of the Pickle as it will cover, and let them boyl a little till they be Green, and so keep them for your use; when they have lain in the Vinegar one day and a night, they will be fit to Eat; so do as you have occasion to spend them.

This way you may Pickle Cucumbers, or Broom-buds, or Sparrow-grass, or Pursley-stalks, only to the Cucumbers add Dill and Fennel.

How to Boyl Pidgeons in the French Façon.

Take young Pidgeons being clean pickt and washt, then take a good quantity of Parsley, and wash it and shred it, but not too small, then

take four yelks and whites of Eggs, break them into the Parsley, then season it with a little Salt, and a little Pepper, and a little beaten Ginger, then mix all together, then put in your Finger at the top and loosen all the Skin on the breast, and put in as much of the stuffing all over the breast as the Skin will hold, then tye the skin at the neck close, then have some water boyling on the Fire, as much as will cover them, season the water with a little Salt, boyl them half an hour, then take some boyl'd Spinnage and shred it, but not small, then melt half a pound of Butter very thick, to put to the Spinnage, lay the Pidgeons in a clean Dish, with some Sippets about the Dish, and pour the Sauce all over them; Garnish the Dish with Parsley, grated Ginger, and Salt, and serve it to the Table.

To make Plumb Broath.

Take a Legg of Beef, and a piece of the Neck, and put it into a good quantity

((III))

quantity of water, that is three or
four Gallons, boyl it four hours, then
have two pound of Currans clean
washt, and pickt, and three pound
of Raisons of the Sun, three pound
of Pruans well stew'd, put in the
Currans and Raisons, let them Boyl
one hour, then take two pound of
stewed Pruans, and force them through
a Cullender, leaving the stones and
skins, then have a two-penny white
Loaf grated, mix it with some of the
broath, and put the pulp of the Pruans
to it, and one ounce of beaten
Cinnamon, half an ounce of Nutmegs
grated, a quarter of an ounce of
beaten Cloves and Mace, put all these
into the broath, let it boyl a quarter
of an Hour, keep it always stirring
for fear it burn, then put in quart
of Clarret, and half a pint of Sack,
and then sweeten it to your taste,
put in a little Salt, then have some
white bread cut as big as Dice, in
the Dish or Basoh, lay a little piece
of the Meat, or a Marrow-bone, in
the middle of the Dish, put in the

Broath. Garnish the Dish with some of the stew'd Prunes, some Raisons and Currans out of the broath, scrape some Sugar on the brim of the Dish, and so serve it to the Table.

To make an excellent Cake.

Take a peck of fine Flower, and dry it in an Oven, and when it is cold, rub in four pound of butter, you must rub it so fine that it may feel like grated bread, then have ten pound of Currans clean washt and pickt, and rub'd in a cloath very dry, and two pound of Raisons of the Sun, wash'd and ston'd and shred fine, and two pound of Almond-paste, and rub it into the Flower, and two ounces of beaten Cinnamon, half an ounce of Mace, an ounce and a half of Nutmegs grated, a quarter of an ounce of Cloves, six grains of Amber-greece rub'd in a Mortar with a piece of Loaf-Sugar, and three pound of single Loaf-Sugar, beat and sifted, put all these things into

into the Flower, and mix them very well, put in half a spoonful of Salt, sixteen Eggs, take away six of the whites, beat them very well, one quart of good Ale-yeast, the Yeast must not be too light, for then it may deceive you, and not make the Cake light, and put the Eggs and Yeast together, and beat them well together, and then strain them into the Flower, making a hole in the middle, then take one quart of good Cream, a pint of Rose-water, and a quart of Sack, heat the Sack and Rose-water in a Skillet by themselves, and the Cream by it self, but not too hot, for then it will make the Cake heavy, first strain in the Cream, and then the Sack and Rose-water, but if you see that all the Sack will make it too light, then keep out some; it must be made into a lithe Paste, work it up light with your hand, and cover it with a warm Linnen Cloath, and set it to the Fire to rise for half an hour, and then have one pound of Candid Citron,

tron, one pound of Orange-peel, half a pound of Lemmon-peel; shred all this as small as Dice, and when the Cake hath laid half an hour before the Fire, work in these Sweet-Meats, butter the Hoop, and tack three sheets of strong whited-brown Paper together, and butter the uppermost, and put in the Cake, and put it into the Oven, the Oven must be a good soaking Oven, but not too scorching; this Cake will ask three hours baking.

To make the Icing for this Cake.

Take two pound of double-Refined Sugar, beaten very fine, and searce it through a fine Sieve, then have four grains of Amber-greese, rub'd in a little of the Sugar, and four whites of Eggs, two or three spoonfuls of Rose-water, and put it into a stone Bason or stone Mortar, and beat it up with a wooden Pudding-stirrer, and so you must keep it stirring till the Cake is baked, then Ice it with a brush all over, and put it in the Oven to harden the Icing.

To

To make a Carraway Cake.

Take half a peck of Flower, and dry it before the Fire in a Tin Dripping-pan, stir it often, then have two pound of good sweet butter, and put it into the Flower, and break it into small pieces, and then rub it very fine in the Flower, till it look like grated bread, then have a pound and a half of fine Sugar, beaten and sifted, put it into the Flower, one ounce of beaten Cinnamon, an ounce of Nutmegs grated, a pint of good Ale-yeast, half a pint of Sack, half a pint of Rose-water, a pint of good Cream, and eight Eggs, take away two whites, beat the Eggs very well, and strain them through a hair Sieve, and put the Yeast into the Flower, then set the Sack and Rose-water upon the fire, and make it pretty hot, and put the Cream in another thing, do not make them scalding hot, for then it will spoil the Eggs, then put it to the Flower, and

and stir it with your hands lightly, till you have brought it to a Body, then have a pound and a half of smooth Carraways, and work them into the Cake, and lay a warm Linnen Cloath over it, and a Woollen one next, and so set it before the fire to rise for half an hour, and then butter your Hoop, and have three sheets of good strong Paper, and tack them together, and butter the uppermost Paper, and when the Oven is hot, put the Cake into the Hoop and bake it, if it be of any considerable thickness, it will be two hours baking, if it be small, one hour will bake it, when bak'd, take two whites of Eggs, and four Spoonfuls of Rose-water, and half a pound of double-Refined Sugar beaten fine and sifted, beat it very well together, and wash the Cake all over with it, and strew on some smooth Carraways, and set it in the Oven, when you see the Icing to rise, and look white, then take it out of the Oven, and be sure you do not squot it till it be cold, for that will
make

make it heavy; you must put in two grains of Musk, and one grain of Amber-greece into the Iceing, it must be Ground in a Mortar with a little piece of double-Refined Sugar, and so mix it with the Iceing.

You may if you please, put into the Cake, if you would have it very Rich, one pound of Almond-Paste, half a pound of Citron, and as much Lemmon and Orange-Peel, cut in small pieces, and four grains of Musk, and two of Amber-greece Ground with Loaf-Sugar, as is before directed.

**To make a French Pudding, call'd
a Pom-roy Pudding.**

Take a quart of Cream, and the Crum of a Two-penny Loaf, cut it into thin slices, then heat the Cream scalding-hot, and put it on the Bread into a Stone Pan, then grate a large Nutmeg and put to the Bread, and shred three quarters of a pound of Beef-Suet very fine, and wash half a

a pound of Currans and put into the Bread, with eight Eggs, take away three whites, beat them very well, strain them through a Hair Sieve with three or four Spoonfuls of Sack, a little Salt, as much Sugar as will sweeten it to your taste, and take a good handful of Penny-royal, a little Thyme, and shred it small, then stir it altogether, and dip a Cloath in boyling Liquor, and then squeeze it out, spread it with Butter all over, and strew on a little Flower, and lay it into a Cullender or a Pan, and put in the Pudding, and tie it close, and boyl it an hour and a half; then for Sauce, melt some Butter with a little Rose-water, and sweeten it with fine Sugar, and pour it all over the Pudding, and scrape on some Sugar on it and on the brim of the Dish, and serve it to the Table.

To boyl Chickens after the Dutch Fashion.

Take Six or more young Chickens, and put them into a Stew-pan
or

on Pipkin, being first Truss for boyl-
ing, then put to them as much water
as will just cover them, and when
they boyl, put in a quart of young
green Pease, and a little handful of
Parsley finely pickt and washt, when
the Pease be enough, put in a pint
of good Cream, if but Six Chick-
ens, and if twelve, put in a quart,
and two quarts of Pease, lay the
Chickens into the Dish with Sippets
of French Bread, then pour on the
Broath: Garnish your Dish with
Flowers and a little salt, and serve
it to the Table.

To make White Broath.

Take a young Pullet or Cock, and
Truss them to boyl, then have some
strong Broath put in the Fowl, put in
the Fowl, and set it over the fire,
put in a blade or two of large Mace,
half a Nutmeg, four Cloves, put it
into the Liquor, let there be no more
Broath than will cover the Fowl,
and

and then have half a pound of Currans, and as many Raisons of the Sun boyled in another Skillet, till they be plump, then put them into a Collender to drain, and put them into the Pipkin to the Fowl, and a quart of thick Cream boyled and put to it, then beat the Yelks of Six Eggs, and put in three or four spoonfuls of Sack, and sweeten it to your taste, put it into a deep Pewter or Silver Dish, lay the Fowl in the middle, but some Fruit upon it, then have some slices of *French-Bread*, and put as much as will lye all over the Dish. Garnish the Dish with some Preserved Barberries, Preserved Cherries, or Bullies, or Damsons, scrape Sugar on the brim, and serve it to the Table.

This way you may dress a Lambs-Head: This Dish is most proper for the Winter, and is best for a Supper Dish.

To Stew Pippins.

Take large Pippins, pare them and cut them in halves, and Core them, and lay them into a Stew-pan, or a Preserving-pan, and put as much water as will cover them, and let them boyl about a quarter of an hour, then pour away the water, put to them a pint of White-wine, a pound of good Sugar, a dozen of Cloves, a quarter of an Ounce of Cinnamon, a piece of Orange and Lemmon-Peel, Stew them very quick, when they are clear, they are enough, squeeze on some Juice of Lemmon, and Dish them on fine carved Sippers, and stick smooth Sugar-Almonds, and pieces of Candid Orange and Lemmon-Peel, or Candid Citron, pour on the Syrup before you stick on these things, then strew on some smooth Carraways on the Pippins, and on the brim of the Dish scrape some Sugar, and serve them to the Table.

If you would have them Red, put in a piece of Preserved Quince, and keep them close covered, and stew them over a slow fire.

To make a very good Cake.

Take a Peck of fine Flower, and three Pounds of sweet Butter, and work them together very well, then take Ten Eggs, but leave out six of the Whites, take a pint and an half of Yeast, beat the Eggs and the Yeast together very well, and put to the Flower, then take two pound of sweet Almonds, blanch them, and beat them very well in a Stone or Wooden Mortar, with some Rose-water, to keep them from being Oyly, then put the Almond-Paste into the rest, mix it well together; you may put in what Spice you please, as beaten Cinnamon, Cloves and Mace, and four large Nutmegs, and two pound of Sugar, and if you will, a little beaten Ginger, add also a pint of Canary, and when you have made it
into

into a Paste, then cover it warm before the fire, and let it rise for half an hour, then put in twelve pound of Currans, clean pickt and washed, being well dryed in a Cloath before the fire, spread in a Sieve or a clean Dripping-pan, put in also two or three pound of Raisons of the Sun, Stoned and cut small; and you may add some Candid Orange and Lemon-Peel minced small, and a Grain or two of Amber-greece, and as much of Musk, and as soon as you have put in the Fruit, let it be Baked, and if you please, you may Ice this Cake, it will take up two pound of double-refined Sugar to Ice it.

To Stew Mutton or Lamb.

Take a Line, Neck, or Breast of Mutton or Lamb, and cut it into pieces not too thick, and put it in to a Stew-pan, and put as much water or strong Broath as will almost cover them, then put in some Pepper grossly beaten, a large Onion cut

in quarters, and a blade of large
 Mace, two or three Shellots, a bun-
 del of sweet Herbs, and as much
 Salt as will make it Savoury, good
 store of Spinnage, and a handful of
 Sorrel, and a handful of Parsley pickt
 fine, and the inward Shell of a Man-
 goe, and if it be time of the Year
 when you can have Cabbage-Lettice,
 put in half a dozen of hard Cabbage-
 Lettices, Stew all these over the fire
 for two hours close covered, and then
 it will be enough, then lay some car-
 ved Sippets in the Dish, and lay the
 Meat in Order in the Dish, and pour
 on the Broath and Herbs; in the
 Winter, Garnish your Dish with
 pickled Barberries and Parsley, and
 in the Summer with Flowers and
 Parsley, and red Cabbage cut in thin
 slices, and strew on some Salt on the
 brim of the Dish: This way you may
 Stew Rumps of Beef, only add to it
 some Turneps or Carrots, cut in slices,
 or if you please, in the room of Let-
 tice, put in a Savoy cut in pieces, or a
 fine young white Cabbage.

How to make a Cabbage Stew

How to make Strong Broath.

Take a good piece of Lean Neck Beef, Chop it very well, and a good Shin of Beef, let the bones be very well Chopt, and a Knuckle of Veal, some bones of Pork, or a Clod piece of Pork, put these into as much water as will well receive them, then put in half an Ounce of whole white Pepper, two large Onions, three or four blades of Mace, one Nutmeg cut in quarters, a bundle of sweet Herbs, a little Salt, set it on a clear fire, and let it boyl till the Meat be very tender, and the Broath taste strong, then strain it out and keep it for your use. If you please, you may put in a piece of Lean Bacon.

To make Essence of Oat-meal.

Take a pint of great Oat-meal, beat it very well, then put to it two quarts of fair water, and let it stand all Night, then stir it very well, and

strain it through a hair Sieve, then put it into a clean scoured Skillet, and put in four blades of large Mace, one Nutmeg cut into slices, set it over the fire, keeping it stirring till it boyls, then let it boyl a quarter of an hour, then if it be too thick, put in some water, for it must be no thicker than good thick Cream, when you have put in the [Water, let it boyl a little longer, then put in one pint of White-wine, or Rhenish-wine, or half a pint of Sack, a little Rose-water, or Orange-flower-water, which is better, the juice of a good Lemmon, and the juice of an Orange, a quarter of a pound of good sweet Butter, the Yelks of three Eggs, a little Salt, and as much Sugar as will sweeten it to your taste, and Brew this and stir it well together, and put it out into Porrengers, or fine China Cups; and so drink it; this is a very Genteel thing for a Breakfast for strangers, or it is good for one that hath a weak Stomach.

How to make Pottage, or French Broath.

Take strong Broath, and the Crag
of a Neck of Mutton, and a Knuckle
of Veal, about half a pound of Lean
Bacon that is not Rusty, and in the
Winter, the bones of Hoggs-flesh
that are cut out of the Fitches, and
in the Summer time, the bones of
Venison, broke and put into the
Broath, then set it on the fire, let it
boyl one hour, then have some Cocks-
combs, and Stones, blanch them and
cut them into small pieces about an
Inch long, and a quarter of an Inch
broad, and some Lamb-Stones, and
Sheeps Tongues and Pallates, Oxe
Pallates boyl'd and blanch'd, and cut
as the others, then have some Balls
of Forc'd Meat, both White and
Green, and put in with the Pallates
and other things, which must be very
tender boyl'd before they be blanch'd,
the Balls must be as big as a large
Nutmeg, then have some Spinnage
I 4 wash'd,

wash'd, and the stalks pickt off, and if the Leaves be large, give them a shred or two, and in the Summer time put in young Green Pease, then put in one pint of the Flommary made very thick, a little whole Pepper, the inward shell of a Mangoe, a blade or two of Mace, and when all these things be in, let it boyl for a quarter of an hour, for if it boyl longer, the Broath will be flat, and taste not so pleasant; then if there be any fat take it off, and stir in about a quarter of a pound of good fresh Butter, then have some Sippets of *French-Bread*, and lay in a Dish, and set it over a Chafing-dish of Coals, then put into the Broath half a pint of Mutton or Beef Gravy, and stir it about, and then lay a Rosted Duck, or a Rosted Pullet, in the middle of the Dish, and pour on the Broath; Garnish the Dish with the Raspin of *French-Bread* sifted, and strewed on the brims, or the Crust of other white Bread grated, and some Lemon-peel cut thin and shred small, and

and some slices of carv'd Lemmon,
and so serve it to the Table.

To make Fritters.

Take a quart of new Milk, and stir in as much fine Flower as will make it a thick Batter, then beat ten Eggs, take away four Whites, beat them very well, strain them through a hair Sieve into the Batter, and grate in a large Nutmeg, some beaten Cloves and Mace, half a Spoonful of beaten Ginger, a little Sack, a little Salt, one Spoonful of Ale-Yeast, stir it well together, then have some Pippins cut in round slices, they must be thin, and dip them into the Batter, and fry them in Clarified Beef-Suet or Hogs Lard, and strew on good store of Cinnamon and Sugar, scrape Sugar on the brim of the Dish, and serve it to the Table. Or otherwise shred your Pippins or Apples very small, and stir them into the Batter, and Fry them in Spoonfuls; you must be sure to Fry Fritters in so much

much Suet as they may swim, and take them up with a Slice, and lay them in a Cullender on a course Cloath; be sure do not Fry them too brown.

To make Pritters in the French Fashion.

Take a pint of Mutton Broath when cold, then take off the Fat, and stir in as much Flower as will make it a thick Batter, take six Eggs, Yelks and Whites, one Nutmeg grated, a little beaten Cloves and Mace, a little beaten Ginger, four Spoonfuls of Sack, a little Salt, beat all this together, and cut eight Pippins very small, and put into the Batter, and so Fry them in small Spoonfuls as you do the other, and send them to the Table.

How to make Soup.

Take white Pease, and wash them, and pick them very clean, then put them

them into cold water, and let them
 boyl till they be very tender, then
 take them up into a Cullender, and
 force the Pulp of the Pease through
 the Cullender with a Ladle, then
 have some strong broth made with
 a piece of Beef, and the Crag-end
 of a Neck of Mutton, and a piece
 of Veal, and a piece of Lean Pork,
 or a piece of Lean Bacon, strain it
 through a hair Sieve, then put in
 the Pulp of the Pease into the broth,
 a little whole Pepper, two or three
 blades of Mace, one Nutmeg cut into
 slices, a little Salt, so much as will
 make it relishable, then put in one
 quart of good Flommary, and some
 Spinnage washt and pickt, and chopt
 a little, if the Spinnage be large,
 and if it be very young, you may
 put it in whole, only taking off the
 stalks, then have some Balls of Forc'd
 Meat, Green and White, made as
 big as large Nutmegs, and put into
 the broth, boyl all these a quarter
 of an hour, then stir in half a pound
 of good sweet Butter, and if it be
 not

not thick enough, then beat the Yelks of six Eggs and stir into it, and give it one boyl, then have a clean deep Dish, with some slices of *French-Bread*, set over a Chafing-dish of Coals, pour on your Soop, and lay a Rosted Duck, or a Tame Pidgeon Rosted, in the middle of the Dish, and Garnish the Dish with Fry'd Lamb-stones and Sweet-breads finely Fry'd, and Fry'd Parsley, and serve it to the Table. Strew on some Salt on the brim of the Dish: This Dish is only proper for the Winter Season.

To keep Goosberries or Grapes to make Carts all the Winter.

Take these Fruits when at the full growth, but not ripe, and put them into Glas Bottles with a wide Mouth, fill the Bottles, and Cork them close, and tye them over with Leather close, that no Air can come into them, then set them in a cold Cellar, and keep them for your use. So you may keep Cherries, Bullies, or Damsons.

To

To make Syrup of Gilliflowers.

Take Clove-Gilliflowers fresh gathered, then cut off all the white and put them into a Silver Tankard, or a new Pipkin with a Cover, and then have some Spring-water that hath boyled a quarter of an hour, then put as much of the boyled water to the Flowers as will steep them, then set it upon hot Embers to keep it scalding hot for five or six hours, and then set it by till the next day, then heat it again, and then squeeze out the Flowers, and then put in more, and set it on hot Embers as before, and when cold, squeeze out the Flowers very hard, and to every pint of this Liquor put two pound of good white Sugar, and set it on the Fire, and keep it stirring till the Skim does rise, and when it is ready to boyl, take it from the Fire, and scum it, then set it on the Fire and let it just boyl, and then take it off and set it by, and when it is cold

Bottle

Bottle it, and stop it not too close,
and keep it for your use.

To make Syrup of Violets.

Take the deepest and best coloured Violets, and make some Spring water boyling hot, and put the Flowers into a Silver Tankard, or into a new Pipkin with a Cover, then put in the water upon the Flowers, till it be as thick as you can well stir it about, and then set it upon hot Embers, to keep it hot six hours, but be sure it do not boyl, and set it by till it is cold, and then squeeze out the Flowers, and to every pint of this Liquor put two pound and a half of right Brazeil Sugar, and set it upon the Fire, and when it is scalding hot, and when the scum does rise, take it off and scum it, and set it by, and when cold, bottle it and stop it close, and keep it for your use.



To make Sauce for Roasted Chicken or Lamb, when very young.

Take some Mutton or Beef Gravy, and two or three Shellots cut small, and put them into the Gravy, then set it on the Fire, and let it just boyl, then take it off, and put into it half a Spoonful of Ketchup, and a little Pepper grossly beat, stir it over the Fire till it be almost ready to boyl, then take it off and put it into the Dish, set it over a Chafing-dish of Coals, and then lay in the Chicken or Lamb, strow some Salt on them; and lay some carv'd Lemmon upon the Chicken; if Lamb, it must be some carv'd Orange, and squeeze a little juice of Orange into the Sauce: This Sauce is good for Mutton, Lamb, or Beef Stakes, either fry'd or broyl'd.

To make Syrup of Cowslips.

Take a Gallon of Cowslips, cut off all the whites, then have a quart of

of Spring-water which hath boyl'd a quarter of an hour, you must set so much water on the fire, as to have a quart, when it is boyl'd so long, then put the Flowers into a new well-Glaz'd Pipkin, and pour the water boyling-hot upon them, and set the Pipkin on hot Embers to keep hot six hours, then set it by till the next day, then set it on the Fire till it is ready to boyl, then squeeze out the Flowers very hard, and then put in as many Flowers as before, and set it on hot Embers as before, and then let it stand till the next day, then heat it again, and when hot, take it off the Fire, and squeeze out the Flowers, and to every pint of this Liquor, put two pound of good Sugar, set it on the Fire, and keep it stirring till you see the Scum do rise, and then take it from the fire, Scum it clean, and set it on again, and see if any Scum will rise more, and Skim it clean, but do not let it boyl, for then it will be apt to Candy, when cold Bottle it, and stop it, but not too close, and keep it for your use.

To make very good Pudding in Hoggs Outs.

Take the Liver, Heart, and Lights of the Hogg, and the Tongue, boyl them very well, then grate the Liver, and shred the Lights, and Heart, and Tongue, and shred it very fine, it must be as small as grated bread, then have some grated bread, or Naple-Bisket, grate a pound weight of either of them it is enough, two pound of Currans washt and pickt clean, half an Ounce of Cinnamon, three Nutmegs, a quarter of an ounce of beaten Cloves and Mace, as much Cream as will make it into a stiff batter, six Spoonfuls of Rose-water, a quarter of a pint of Sack, two pound of Marrow grossly cut, or two pound of Beef Suet cut very fine, a little Salt, two Grains of Amber-greece beaten fine in a Mortar, with a little piece of Loaf-Sugar; put all these things into a large Earthen Pan or Wooden Bowl, and mix

K

them

them very well together, then have sixteen Eggs, take away six of the Whites, and beat them, then strain them into the Pudding, and stir them very well together, and put in as much Sugar as will make it sweet enough to your taste, and when it is well mixt, then wash the Guts in Rose-water, fill them, and tye them up in small Puddings, and have a Kettle of boyling water on the fire, and put them in and boyl them a quarter of an hour, but not too fast, then take them up, and lay them on clean Straw, or on a clean Cloath. If you would have them very rich, put in a pound of Almonds blanch'd and beaten with Rose-water, to keep them from Oyling: This way you may make Rice Pudding, leaving out the Flesh; the Rice must be boyled in Milk till it is tender, and then when the Milk is drain'd from it, beat it in a Stone or Wooden Mortar, till it is very small, then season it as the other, onely put in more Cream, and half a pound of Marrow
or

or Suet more, because the Rice will
soak up the Fat.

To make an Almond Florendine.

Take a pound of Jordan Almonds,
and blanch them and beat them with
four Spoonfuls of Rose-water, to
keep them from Oyling, put to them
in beating, half a pound of single
Loaf-Sugar; do not beat them too
fine, then have a pound of Naples-
Bisket grated, one Nutmeg, a quar-
ter of an ounce of Cinnamon, four
or five Spoonfuls of Sack, two grains
of Amber-greece, two Spoonfuls of
Orange-flower-Water, a pint of
Cream, eight Eggs, take away four
whites, then stir all these Ingredients
together, and a little Salt, and if it
be not sweet enough, put in as much
Sugar as will make it pleasant, then
have a Pewter-dish, strow some
Flower all over the bottom and brim,
then have a thin sheet of Puff-paste,
and lay all over the Dish, then put
in the Florendine, then have another
sheet

sheet of Puff-paste, but not so thin as the other, and lay upon it, close it and cut the brims in fine works, and the top in Flowers, as the top of Fruit-Tarts, and then put it into the Oven, the Oven must not be hotter than for Cheesecakes, one hour will bake it: if you please, instead of Almonds, you may put in half a pound of Rice, just boyl'd in Milk, and when it is tender boyl'd, put it out into a Cullender, and let the Milk drain from it, and then beat it in a Stone Mortar, and then season it as the other.

To make excellent Cheesecakes.

Take two quarts of Cream or New-milk, but Cream is best, then take fourteen Eggs, yolks and whites, set the Cream on the Fire, and beat the Eggs very well, and when the Cream boyls, take it from the Fire, and take out some of the Cream and mix with the Eggs, then put the Eggs into the Cream, and stir them

them together, then set it on the
 Fire, and keep it stirring till it
 boyl, and when it hath boyl'd a lit-
 tle, take it from the Fire, and let it
 stand a quarter of an hour in the
 Skellet, then pour it out into a Hair
 Sieve, and let the Whey run from
 it, stirring it often with a Spoon
 gently, that the Whey may run clean
 from the Curds, then have a pound
 of Naple-Biskets grated, half a pound
 of Almond-paste, one large Nutmeg
 grated, a quarter of an ounce of
 Cinnamon, a little beaten Cloves and
 Mace, half a pound of Currans wash'd
 and pick'd, half a pound of Almond-
 paste, a quarter of a pint of Sack,
 three Spoonfuls of Rose-water, or
 Orange-flower-water, a little Salt,
 and as much Sugar as will make it
 pleasant to your taste, take ten Eggs,
 take away half the whites, beat them
 very well, then melt half a pound of
 good sweet Butter, and let it stand
 and settle, that the Salt and Butter-
 milk may sink to the bottom, then
 pour it into the other things, then
 have

have one grain of Musk, two grains
of Ambergreece, rub'd in a Mortar
with a little piece of Loaf-Sugar,
then mixt with the well together, and
put them in a Dish, and put them
in the Oven, as they be
used, and take them;
then mixt with fine Sugar, and
send it to the Oven, with them
with Feathers, and some of the
same Paste that you make Mustards
with; the Oven must not be too hot.

To make Orange or Lemmon Tarts.

Take Preserv'd Oranges, not Can-
dyed, and wash them out of the Sy-
rup in warm water, then dry them
in a clean cloath, and then cut them
into thin slices, lay them into little
thin shallow Tarts, or in Patty-pans,
then cover them with fine Sugar,
and squeeze on some juice of Lemmon,
to every Tart have a good Lemmon,
and before you lay in any Orange,
lay some slices of raw Lemmon all
over

over the bottom, the raw Lemmon which you lay at the bottom, must be cut very thin, and all the Seeds taken out: This way you may make Lemmon Tarts of Preserv'd Lemmons, close them and cut the Lid in fine works, and bake them, half an hour will bake them; when bak'd, draw them, then wash the Lids with this Iceing, take the whites of two Eggs, as much double-refined Sugar, beat and sifted, as will make it into a thin Batter, a little Musk or Amber-greece, rub'd in the Sugar, one Spoonful of Rose-water, beat all these together, and with a brush wash the Lids of the Tarts all over, then set them into the Oven till you see the Iceing to Rise and look white, and when cold, serve them to the Table; scrape Sugar on the brim of the Dish.

To make French Barley Cream

Take half a pound of good Pearl Barley, and wash it in fair water, and set it upon the fire to boyl in a
 K 4 quart

quart of new Milk, put in two blades
of Mace, and a little Cinnamon, let
it boyl till it is very tender, then
strain the Milk through a Cullender,
put to it a quart of good thick Cream,
beat six Eggs, abating two of the
Whites, with two Spoonfuls of Rose-
water, or Orange-flower-water, and
strain them through a Hair Sieve,
then take a little of the Cream and
Milk and mix with the Eggs, put in
a little Salt, and sweeten it to your
taste, put in the Eggs, and stir it
upon the fire till it is scalding hot,
but it must not boyl, then put it out
into China Dishes, or Cream-Bowls,
and eat it either hot or cold.

To make Orange Cream.

You must use Orange-Peels, and
the juice as directed for Lemmons,
in the Receipt for making of Lem-
mon Cream, only use Yelks of Eggs
to thicken it, and a little Saffron, if
the Colour be not deep enough.

To make an Almond Flozendine.

Take a pound of Jordan Almonds, and blanch them, and beat them in a Mortar with a little Canary-Wine, and a little Rose-water, to keep them from being Oyly, two or three spoonfuls of each is enough, then take a pint of Cream, and ten Eggs, take away half the Whites, and beat them very well, then sweeten the Cream and Eggs very well, and strain them into the Almonds, and grate in a small Nutmeg, and melt half a pound of the best sweet Butter, and have a sheet of Puff-paste, or Paste-Royal ready, and lay it in a Dish, and put in the filling, and cover it with another sheet of the same Paste, and Bake it, an hour will Bake it, and when it is Baked, let it be Iced with double-refined Sugar, and Rose-water, and set it a little in the Oven to harden the Iceing.

To

To make a Floredmine with a Kidney of Veal.

Take the Kidney of a Loin of Veal, after it hath been Roasted, Mince it pretty small, then grate a Penny white Loaf, and a Nutmeg, and mix with it a little beaten Cinnamon, and a little Cloves and Mace, a little Salt, two Eggs, a little Sack, and a little Rose-water, the juice of half an Orange, and half a Lemmon, a good Pippin shred very small, and a quarter of an Orange and Lemmon-peel Candyed, Minced very small, then put in as much Sugar as will sweeten it to your taste, and if the Kidney be large, half a pound of Sugar, and a pound of good Currans clean pick'd and wash'd, mix all these well together, and bake it in a Dish with Puff-paste.

To make Spinnage Carts.

Take the Spinnage and put it into boyling Water, and let it have one boyl,

boyl, then drain it in a Cullender, and when it is well drained, then hack it well with a Knife, then squeeze on the juice of Orange to make it sharp, then sweeten it with fine Sugar, and fill your Tarts with it, half an hour will bake them.

To make a Leg of Pork like a Westphalia-Ham.

Take a Hind-Quarter of Pork, and cut the Legg in the shape of a *Westphalia-Ham*, then take half a pound of Salt-Peter, and beat it very fine, then rub it all over the Ham, and let it lye one hour, then take a quart of Peter-Salt, and rub it all over very well, then lay it into an Earthen Pan, and lay the Peter-Salt all over it, then beat a quart of Bay-Salt very fine, and lay that over it, then take a quarter of a pound of four-penny Sugar, and lay upon it, and so let it lye three days, then turn it, and let it lye three days longer, then turn it again, and lay the Salt upon it, that sinketh to
the

the bottom, and let it lye three days longer, that is nine days in all, then take it out of the Salt, and wipe it with a course Cloath, and then Smoke it in Wood Fire Smoke.

To make Sausages.

Take a pound of the Flesh of a Legg of Pork, and shred it very fine, then take a pound of Hogs Fat and cut it small with a Knife, then to every pound of Flesh or Fat, take half an ounce of white Pepper, one large Nutmeg, a penny-worth of beaten Cloves and Mace, a spoonful of shred Sage, with three or four tops of Rosemary cut very fine, and for Salt, season them to your taste, then mix all these together very well, and put in half a pint of cold Water and mix with it, and so fill it into Guts prepared for that purpose.

To Salt Beats Tongues to be Dried.

Take to every Tongue two ounces of Salt-Peter, and beat it very fine, and

and rub it all over the Tongue very well, then take a pint of Peter-Salt, and rub that over the Tongue, and beat a pint of Bay-Salt, and rub that on likewise, and every three days turn it, as you do the Ham, but put no Sugar to it, when it hath lain nine days in Salt, then dry it as you do the Ham, in the Smoke of Wood Fire.

A Hogs-head is Salted as you do the Neats-Tongues, and dried the same way.

To make an Oyster Pye.

Take a quart of large Oysters, and put them in a Cullender, and drain them clean from the Liquor, then wash them clean from the Gravel, and dry them very well in a Linnen Cloath, then season them with half an ounce of Pepper grossly beaten, and half a Nutmeg grated, and a little Salt, three or four blades of whole Mace, put some Butter at the bottom of the Pye, then lay in the Oysters, then lay in a dozen Yelks of Eggs boyled hard, and

and the Marrow of two large Marrow-bones, and half a pound of Butter, then close the Pye, and an hour and half will Bake it; then to make a Leer for it, take some of the Oyster Liquor, and half a pint of Beef or Mutton Gravy, and just boyl it up, then stir in a good piece of Butter, and the Yelk of one Egg, and put it into the Pye as soon as it comes out of the Oven, let it be put all over, and send it to the Table.

To Pickle Oysters.

Take a quart of the largest Oysters, with their Liquor to them, and drain them in a Cullender clean from their Liquor, (save the Liquor) then wash the Oysters carefully in cold Water, to take all the Gravel from them, put them into a Pipkin, and put half an ounce of white Pepper to them, unbeaten, and one Nutmeg cut in slices, six blades of large Mace, half a spoonful of Salt, and a pint of White-wine, then strain in the Oyster Liquor clean from

from Gravel, and set them upon a flow fire, and let them stew a quarter of an hour, then set your Cullender in an Earthen Pan to receive the Liquor, and put in the Oysters, and drain them from the Liquor, and let them stand in the Cullender till the Liquor is cold, then pack them into the Pot handfomely, and the Spice with them, and put the Pickle to them, and lay something upon them to keep them under the Pickle, and cover it up close, and keep them for your use.

**To make Colouring for the Pulpe
that you put into Tarts-Ropal.**

Take an Ounce of Cutchenele, and beat it very fine, and put it into a Skillet, and put to it a pint of clean water, and a bit of Roach-Allum as big as an Nutmeg, then boyl it till half the water is boyled away, then put in an ounce of double-refined Loaf-Sugar, and when the Sugar is melted, then strain it through a piece of Flannel, or a fine Linnen Cloath, and keep it in a Vial for your use. **To**

To make Green Colouring.

Take half a peck of Spinnage, and wash it, and swing it in a Cloath, then beat it in a Mortar very well, and strain the Juice from it with a strong Towel, then put the Juice into a Pipkin, and make it boyl, and it will part like Whey and Curds, put it through a fine Hair Sieve, and save the thick part, and put it upon an Earthen Plate, and grind it very well with the back of a Silver Spoon, and use it at your pleasure.

To make the Queen of Hungaria's Water.

Take two Gallons of Canary-wine, and one Gallon of the best Brandy, and put into it two pound of the tops of Rosemary in the month of *May*, and a pound of Rosemary-Flowers, and a pound of Lavender Flowers, and half a pound of Orange-Flowers, and twenty Cloves bruised, and a quarter

quarter of an ounce of Mace, and half an ounce of Cinnamon, let all these steep together five days, then draw it off in a hot Still till you perceive it runs weak, and the next day make clean your Still or Alimbeck, and put in the water you drew off, and add to it one Gallon of Canary-Wine, and draw it off with a pretty quick fire, you may draw off about three quarts for the best, which will be strong and good, and then into another Bottle you may draw the smaller Spirit, which is good to wash the Face, and clear the Skin from Tann or Morpew, being washed with it, either Face, Neck, or Hands: The strong Spirit is good to be taken in Paralettick Distempers, and is also good to Bath the Head with, for to comfort the Brain, and to fasten the Hair, and to make it grow; it is also good to Bath any Bruise or Green Wound, or Swelling in the Face, proceeding from cold, and many other Distempers, as Aches, Pains in the Head, or any part of the Body.

To make Sauce for Pheasants, young Turkeys, or Partridges.

Take a Penny-Loaf and cut off all the Crust, then slice it into about a pint of Fair water, then set it on the Fire with a little white Pepper, grossly beaten, and a small Onion cut very thin, and when it hath boyled up a little, then pour away the water from it very clean, and put in a good piece of Butter, and some Salt, and stir it well together, and set it on the Fire, and let it boyl a little, then take it off, and put it into the Dish, and lay in the Fowl, and send them to the Table.

To make Sauce for Woodcocks.

Take White-bread and cut it into Tosts, and Tost it very well, when the Woodcocks are at the Fire, then lay them into a Dish, and set them under the Cocks, and baste them, and let them drop upon the Tosts, and when they are Rosted, put about a quarter of a pint of Beef or Mutton Gravy made hot, then lay on the Fowls, and when you cut them up, bruise the Guts into the Sauce over a Chafing-dish of Coals, and so eat them.

To

To make Hartlenias or hanged Beef.

Take either the thin end of the Brisket of Beef, or the middle-piece of the Buttock, and cut off the Fat part, and Salt it with Peter-Salt, and Bay-Salt, beaten very fine, let it be very well rubbed on it, and let it lye in Salt nine or ten days, according as the Beef is in thickness, and turn it once in two days, and lay the Salt upon it, which will fall to the bottom of the Pan, when it is Salt enough, then take it and dry it in a course Linnen Cloath, and let it be Smoked in Wood Smoke.

To make a Harrow Pudding.

Take a quart of Cream and ten Eggs, take away four of the Whites, beat them very well, then strain them through a Hair Sieve, then put them to the Cream, and sweeten them very well with fine Sugar, then take a penny white Loaf, and cut off all the Crust, and cut the Crum into thin Sippets, then Butter a deep Pewter-dish, and stick the Sippets to the bottom

tom of the Dish, upon the Butter, then grate a Nutmeg and put into the Cream and Eggs, then pour it into the Dish, then take the Marrow of two large Marrow-bones, and cut then Marrow in pieces as big as Damsons, and put it in all over the Dish, the have half a pound of Raifons of the Sun stoned, and strew them all over the Dish, and Bake it, but not in too hot an Oven, (less than an hour will Bake it) and when Bak'd, lay some dry and wet Sweet-meats all over the Pudding, as Barberries, Damsons, Grapes, Cherries, white Bullis, &c. then scrape Loaf-Sugar upon the brim of the Dish, and serve it to the Table.

To make Sauce for Larks.

Take Grated bread, and when the Larks are Roasting baste them with Butter, then strow on some grated bread, then baste them again, and strow on some more grated bread, and so do three or four times, and set the grated bread that is left upon a few Coals in a Pewter dish, and dry it very well,

well, then melt some butter to Oyl, and put it to the greated bread, and a little Pepper, and a little Salt, and give it a good Heat together, and so Dish, and put in the Larks.

This Sauce will serve for Sparrows, or any small Birds, the Dish being rubbed with a Clove of Garlick, or a *Shelor*.

To Stew Oysters.

Take a quart of the largest Oysters, and put them into a Cullender, for the Liquor to run from them, and then wash them in fair water, clean from their Gravel, then strain the Oyster Liquor through a Hair Sieve, then put the Liquor into a Stew-pan, and put the Oysters to it, then put in four large blades of Mace, and half a spoonful of whole white Pipper, and one Anchovy, and two spoonfuls of White-wine, and let them Stew for a quarter of an hour, then pour the Liquor from them, and melt half a pound of Butter with the Liquor they were Stewed in, and have some Sippets of White-bread Carved, and cut very thin, and lay round the bottom of the Dish, then lay

the Oysters in order upon the Sippets, then pour on the Sauce, and Garnish them with Carved Lemmon and Barberries, and sift some grated Crust of White-bread, on the brim of the Dish, the Sauce must boyl when all the Butter is melted, or else it will not be thick.

To make Sauce for a Bland-Goose.

Take a handful of Sage, and a piece of Fat Bacon, and some Green Sifes, a little Salt, and a little Pepper, Thyme and Winter-Savory, a Sprig of each, a piece of Butter, and two Eggs, Yelks and Whites, and work all these very well together, then fill the Goose and Roast it, and set a Dish under it to receive the Gravy, and when Roasted, put the Gravy into the Dish, where you intend to lay the Goose, then put in some strong Broth, or Beef or Mutton Gravy, then lay in the Goose, and when the Goose is cut up, mix the stuffing which is in the Goose with the Sauce, upon a Chaffing-dish of Coals.

This Sauce will be very good for Wild Pidgeons, or Stock-Doves, or for Plover or Teal.

To

To make Sauce for a Pigg.

Take a handful of Sage, and a little Parsley, and shred it pretty small, then put it into the belly of the Pigg, and a Crust of bread, then sew up the belly of the Pigg and Roast it, and when Roasted, take the Gravy and the Brains, and a little grated bread and butter, and a little Vinegar, and then mix all these together, and cut the Pigg down the back, and take the Sauce and put it into the Dish to the Pigg, and strew Salt on the brim of the Dish, and send it to the Table.

How to Roast a Pigg.

As soon as you have laid the Pigg to the fire, Flower it all over, and if you see any moisture come out of the belly, or any where else, then shake on more Flower, and so let it Roast till both the Eyes drop out, then wipe off the Flower with a Cloath, and baste it with butter, and strow Salt all over it, and so let it Roast till the Coat be hard, then wipe it very clean with a Linnen Cloath, and take it up; the Flowering of the Pigg keeps it from burning or blistering.

To

To Pot Beef to eat like Menison.

Take a piece of Buttock Beef, and cut off the Fat and the Skin, and to every pound of Lean Beef take half a pound of Beef Suet clean picked from Skin, and cut the Beef into very thin slices, and shred the Suet very fine, then beat the Meat in a Stone Mortar, and when it is beat into a Paste, then put in the Suet; if you have more than a pound, you must not beat it all at once, then when you have mixed the Suet very well, then season it as followeth: To a pound of Beef and half a pound of Suet, take half an ounce of White Pepper, and one Nutmeg, a Spoonful and an half of Salt, the quantity of a half-penny-worth of beaten Cloves and Mace, then mix it very well with your hand, and put it into a Pot, and cover it over with Butter or Beef Suet, shred very fine, and cover it over with Paste, and bake it, and when baked, put out the Gravy, and fill it up with Clarified Butter, and the Fat it was baked in, and keep it for use.

F I N I S.

The CONTENTS.

T O Stew Carps.	page 9
To Dress a Dish of boyled Pullets.	pag. 11
To make Forced Meat.	pag. 13
To make Strong Broath, and a Frigacy.	pag. 14
Sauce for Rosted Partridge, or Pheasants or young Turkies. And to Hash a Calves-Head.	pag. 16
To make Scotch Collops,	pag. 18
To make Sauce for a Hare.	pag. 19
To make Sauce for Rosted Pullets, or Capons.	pag. 20
To make Sauce for Wild Pidgeons.	pag. 21
To make Sauce for young Ducklings.	pag. 21
To make Sauce for Rosted Wild Ducks.	pag. 22
To make Sauce for boyled Ducks.	pag. 23
To Pickle Lemmons.	pag. 23
To Pickle Quinces.	pag. 24
To make Hypocrass. And to make a Syllabub.	pag. 25
To make White Almond Butter.	pag. 26
To make Lemmon Cream.	pag. 27
To make Sugar Plate.	pag. 28
To make Aquamirabilis.	pag. 29
To make Gascoyne Powder.	pag. 30
To Coller Beef the best way.	pag. 31
To make French Bread.	pag. 32
To Coller a Pig.	pag. 33
To make a Goosberry Fool.	pag. 35
To make Cinnamon Water.	pag. 36
To make Marrow Puddings.	pag. 36
To Dry Beef the Dutch way.	pag. 37
To make Lugatellus Balsom.	pag. 38
To make a Battalia Pye.	pag. 39
To make a Frigacy.	pag. 40
To make a Sack-Posset.	pag. 42
To make a Sack-Posset another way.	pag. 43
To make a Syllabub.	pag. 44
To Stew a Shoulder of Mutton with Oysters.	pag. 45
To Stew Pidgeons after the French Fashion.	pag. 46
To	

The Contents.

To make a Cream Cheese in haste.	pag. 47
To make an Almond Cheese.	pag. 48
To Candy Flowers for Sallets.	pag. 49
To make Black Puddings.	pag. 49
To make Christial Jelly.	pag. 50
To make Marb'le Jelly of several Colours.	pag. 52
To make a Cordial Restorative Jelly.	pag. 57
To make a Frigacy of Chickens.	pag. 58
To Stew Carps an Excellent way.	pag. 59
To boyl Carps.	pag. 61
To Coller Eels.	pag. 62
To make Flommary to thicken Sauce.	pag. 63
To Pickle Walnuts like Mangoes.	pag. 63
To Pickle Turneps.	pag. 64
To Pickle Turneps another way.	pag. 65
To Pickle Cowslip-Flowers.	pag. 66
To make a Carp-Pye.	pag. 66
To Coller Neats-Feet to eat like Brawn.	pag. 66
To Pickle Broom Buds.	pag. 67
To Coller and Souce an Eel.	pag. 68
To Pickle French Beans.	pag. 69
To Scald and Green Fruit, and Stew Pidgeons.	p. 70
To make Damson and Quince Wine.	pag. 71
To Fat Chickens speedily.	pag. 72
To Stew Pidgeons another way.	pag. 73
To make Surfeit-water.	pag. 74
To make Apricock, and Cowslip-Wine.	pag. 75
To make his Grace Gilbert Lord A. B. of Canterbury his most Excellent Plague-water.	pag. 77
A Medicine against sharp Humours in the Blood.	p. 78
To make a Ghadron Pye.	pag. 78
To make a most Precious Water, good against the Plague, or a Surfeit, or an Ague.	pag. 79
To Pickle Cucumbers an Excellent way.	pag. 81
To boyl Ducks the French way.	pag. 83
To make a Tanzey.	pag. 83
To make Gooseberry Wine the best way.	pag. 85
To	

The Contents.

To make Cherry-wine.	pag. 86
To make a Quaking Pudding.	pag. 87
To make a Rice Pudding.	pag. 88
To make an Almond Pudding.	pag. 89
To make an Orange Pudding.	pag. 90
To make a Marrow Pudding.	pag. 91
To make an excellent Tanzey, and White Mead.	p. 93
To make Almond Cream.	pag. 34
Sauce for a boyled Leg of Mutton in the Winter.	p. 94
In the Spring time.	pag. 95
To make Sauce for a Leg of Lamb.	pag. 96
A Cure for a Consumption.	pag. 97
To make Sauce for Green Geese.	pag. 98
To make Sauce for a boyled Leg of Mutton or Lamb in the Summer.	pag. 98
To boyl Fresh Fish, as Flounders, Plaice, &c.	pag. 100
To make Sauce for all sorts of Fresh Fish.	pag. 101
To make Sauce for boyled Rabbits.	pag. 101
In the Spring for young Rabbits.	pag. 102
Sauce for a Roasted Hare, and Roasted Chickens.	p. 103
To make a Grand Sallet.	pag. 104
To make Sauce for a Cods-Head.	pag. 105
To boyl Chickens after the French Fashion.	pa. 107
To Pickle French-Beans another way.	pag. 108
To boyl Pidgeons in the French Fashion.	pag. 109
To make Plumb Broath.	pag. 110
To make an Excellent Cake.	pag. 112
To make the Iceing for this Cake.	pag. 114
To make a Carraway Cake.	pag. 115
To make a French or Pomroy Pudding.	pag. 117
To boyl Chickens after the Dutch Fashion.	pag. 118
To make White Broath.	pag. 119
To Stew Pippins.	pag. 121
To make a very good Cake.	pag. 122
To Stew Mutton or Lamb.	pag. 123
To make Strong Broath.	pag. 125
To make Essence of Oat-meal.	pag. 125
	To

The Contents.

To make Pottage or French Broath.	pag. 127
To make Fritters.	pag. 129
To make Fritters in the French Fashion.	pag. 130
To make Soop.	pag. 120
To keep Goosberries or Grapes, all the Winter.	p. 132
To make Syrup of Gilliflowers.	pag. 133
To make Syrup of Violets.	pag. 134
To make Sauce for a Roasted Chicken, or Lamb.	p. 135
To make Syrup of Cowslips.	pag. 135
To make very good Puddings in Hogs Guts.	pag. 137
To make Almond Florendine.	pag. 139
To make Excellent Cheese-Cakes.	pag. 140
To make Orange or Lemmon Tarts.	pag. 142
To make French Barley Cream.	pag. 143
To make Orange Cream.	pag. 144
To make an Almond Florendine.	pag. 145
To make a Florendine with a Kidney of Veal.	p. 146
To make Spinnage Tarts.	pag. 146
To make a Leg of Pork like a Westphaliaham.	p. 147
To make Sausages.	pag. 148
To Salt Neats-Tongues to be Dried.	pag. 148
To make an Oyster Pye.	pag. 149
To Pickle Oysters.	pag. 150
To make Colouring for the Pulpe that you put into Tarts-Royal.	pag. 151
To make Green Colouring.	pag. 152
To make the Queen of Hungaria's Water.	pag. 152
To make Sauce for Pheasants, young Turkeys, or Partridges.	pag. 154
To make Sauce for Woodcocks.	pag. 154
To make Marilemas or Hunged Beef.	pag. 155
To make a Marrow Pudding.	pag. 155
To make Sauce for Larks.	pag. 156
To Stew Oysters.	pag. 157
To make make Sauce for a Brand Goose.	pag. 158
To make Sauce for, and to Roast a Pigg.	pag. 159
To Pot Beef to eat like Venison.	pag. 160

F I N I S.

AN
APPENDIX
TO THE
Young Cook's
MONITOR.

How to make the French Puffs.

TAKE two pounds of double-Refined
Sugar, and beat in a Bell-mettle
or Wooden-Mortar, very fine;
Searce it in a fine Searce; then have some
fine Gum-Tragant steeped three or four
days in Damask-Rose-water, and take the
Whites

Whites of two Eggs, and beat them with a little white Whisk in a Bason, till they are beat up to a Froth; then take the Gum, and work it through a fine Hair-sieve with the back of a Silver-spoon; then take as much of it as the quantity of a Wall-nut, and work it into the Sugar with a Spattle or Spoon in a *Lignum Vite* Mortar, and take off the Froth of the Eggs, and wet it up into pretty stiff Paste, and then it is fit for Sugar-Puffs. Now, if you colour some of it with Chocolat, you must grate or powder your Chocolat fine, and mix it with the Paste very well: And to colour Purple, you may beat some Cutchinele to a fine Powder, and with a little of the Gum, and a little Powder of Roach-Allom, mix it well into the Paste: And for Yellow, you may powder some Gum-bogiam, and mix as you did the Cutchinele: And for Blew, take Vardizer: And for Green, take some Spinage-colouring, and no Allum-powder, nor with the rest: only for Purple, and for Almond-puffs, take two Ounces of Almonds

monds beaten with a little Rose-water, but not too fine, and mix them with a quarter of a Pound of the Paste very well; rowl the Paste out about a quarter of an Inch thick, and cut it out into what Forms or Shapes you please, with a Jagging-Iron; sift a little fine Sugar upon the Board, that when you rowl them they may not stick to the Board; then dust a Paper with your Sugar, and lay them upon it, and bake them in an Oven which is not hotter than to bake Cheese-cakes.

And if you would have any Pistelloes, or Things made in Sugar-paste, then mix the Paste only with the Gum, and no Eggs, but Perfume them well with Amber-grease and Musk; three Grains of Musk, and five Grains of Amber-grease will Perfume half a pound of Sugar very well; you must rub your Amber-grease and Musk in a little Mortar, with an Ounce of double refined Sugar, till it is very fine, then work it into the Paste till it is very well mixed, and rowl it out pretty thin, and cut them out with a Tin-

Cutter made for that use; and seal them with what Seal you please; and lay a Paper in a dry Sieve, and dry them very well in the Stove; you must put the quantity of a quarter of an Ounce of the Gum to the Sugar: but take care it be not too much, wetted with Rose-water. If you have not a Stove, you may dry them before the Fire, and keep them dry for use.

How to Dress a Pigg after the New Mode.

Take it when it is Drest ready for the Spit, and fley it all but the Head; and let the Head hold to the Skin; then Draw the Pig with Lemmon-Peel, and Sprigs of Thyme; and roast it either whole, or in two Sides: Then make a Pudding of a Calfs-Chaldron; you must shred the Chaldron very small, then season it as you do Meat for Mince-Pies; then take the Crum of a Penny-loaf grated, and six Eggs; take away two of the Whites, and

and a little Thyme, and Penny-royal, and Winter-savory, and shred them very fine; then mix them altogether, and fill up the Skin of the Pig, and sew up the Skin; then lay it in an Earthen-dish, with two sticks a-cross the Dish, to keep it from touching the bottom of the Dish, then put it into an Oven to bake: but before you put it in the Oven, you must butter the Pig all over; and when it is bak'd, and the sides roasted, you must lay the Pig with the Pudding in the middle of the Dish, and the two Sides which are roasted, lay on each side of the Dish: For Sauce, you must have Mutton-gravey, and Juice of Orange, Garnish the Dish with carved Orange; you must let the Head hold on to the Skin. You may fill the Skin with a good Bread-Pudding, if you please; but the Other is the newest Fashion,

How to make a Collar of Veal.

Take a Breast of Veal and bone it; then take a Pound of midling-Bacon, and cut it into thin slices, and lay it all over the inside of the Veal; then you must have some Anchovis clean wash'd, and split them, and take out the Bone, and lay them upon the Bacon, then lay some Sage-leaves all over the Bacon and Anchovis; then you must have some sweet Herbs, as Time, Winter-savory, Sweet-marjoram, a little of each, shred them very fine; and for Spice, take two Nutmegs, an Ounce of White-Pepper, a quarter of an Ounce of Mace, and a good handful of Salt: Mix all these with the sweet Herbs, and strew it all over the Veal, and then rowl it up very hard, and then bind it up with Tape, as you do a Collar of Brawn.

Then you must take as much Water as you think will cover it, and put in a good handful of beaten Oat-meal, and stir the Oat-meal well in the Water, and let it stand
half

half an hour, then stir it well again; then strain out the Water, and put in two good handfuls of Salt, half an Ounce of whole Pepper, two Nutmegs cut in slices, six blades of Mace; then put in your Veal, and let it boyl an hour and an half; then put in a quart of White-wine, and let it boyl an hour and an half longer; then take your Veal up, and hang it up till it be cold, and the Pickle cold, then put in the Veal, and let it lye in the Pickle one Week, and then it is fit to Eat. When this Pickle will keep no longer, then you must make some fresh Pickle with the same things as before set down; only you need not put in no Wine, but let it be well boyl'd, and so you must change the Pickle every Week as long as you keep it.

How to Pickle Pigeons.

Take Pigeons, and pick them with the heads on; then dry them, and sew up the Craps, then make a forc'd-meat of midling-Bacon, a little Sage and Parsley, a lit-

the Shallot; season it with Pepper, not too high; then sew up the Vent, and truss them as Partridges, and put the Bill into the Rump; then make a Pickle with two quarts of Water, one quart of White-Wine, a spoonful of whole Pepper, two or three blades of Mace; make the Liquor boyl; then put in the Pigeons, and let them boyl a quarter of an hour; then take them up, and lay them in a Pan or Dish to drain the Liquor from them; then boyl the Pickle a little longer, then put it into the Pot which you do intend to keep them in; and when the Liquor and Pigeons are cold, then put the Pigeons into the Pickle, and cover them close; they will be fit for to eat in two days, but you may keep them a Fortnight in this Pickle; but if you keep them longer, then you must make a fresh Pickle for them.

Take Pigeons, and pick them
the heads on; then dry them, and sew up
the tops, then make a forc'd-meat of
Bacon, a little Sage and Parsley, &c.
M

*How to make Creams of Fruits; as
Rasberries, Currans, or Goose-
berries.*

Take half a Pint of any of these Fruits; and a quarter of a pound of Sugar, and put as much Water to it as will melt it, and set it over the Fire, and make it boyl; then put in the Fruit, and let the Sugar boyl over them, then put them severally into things, to stand till they be cold; then take a quart of Cream, and sweeten it, but not too sweet, and then break five Eggs, take away two of the Whites, and beat the Eggs very well; then strain them into the Cream, and set them over the Fire, and let it be just ready to boyl; then pour it out into a Bason; then lay the Fruits in Rows in the bottom of the Glass; then with a Spoon put the Cream all over the Fruit; and when cold, put some of the Liquor which they were scalded in, all over the Cream, with a Spoon, in Drops; and so
let

let it be served to the Table with Syllabubs or Jellies; garnish it with Flowers and Laurel; the Goosberries must be scalded before they be put into the Sugar.

How to make Milk-Jelly.

Take two Calves-feet, and one quart of Milk, and two quarts of fair Water, and let it boyl till it be a stiff Jelly; then put in some Cinnamon, and one Nutmeg, two or three blades of Mace, and sweeten it well with Loaf-Sugar, and let it boyl a little longer; then strain it thorow the Jelly-Bag: This Jelly is to mix with other Jellies, to make the Marble-Jelly, and Bacon-Jelly: To make Bacon-Jelly, you must put some Red into a Dish of Glasse, and let it be cold, then put in some of the Milk-Jelly, and so do two or three times; this Jelly must be cut into slices, and laid for garnish.

How



How to Pickle Cucumbers, Sparag-rass, or Purslain-Stalks, or French-Beans.

Take small Cucumbers, rub them in a clean course Cloth, to wipe the Gravel from them, then put them into a well-glas'd Earthen-pot; then set as much clean Water upon the Fire as will cover them, and put in as much Salt as will make a strong Brine, that will make an Egg to swim; and let the Pickle boyl, and then pour it to the Cucumbers, and cover them down close, and let them stand nine days: then put them out into a Sieve or Cullendar, for the Brine to run from them, and then put them into a clean Brass or Copper-pot, or Kettle, with as much White-wine Vinegar as will cover them, and some Dill, and tops of Fennel: and for Spice, you must put to every two hundred of Cucumbers, one Ounce of White-Pepper, two Nutmegs, a quarter

of an Ounce of Mace, and half a dozen Cloves; put all the Spice in with the Cucumbers, and lay the Dill and Fennel on the top, and set them over a slow Fire, and cover them, and let them just boyl; then pour them into the Pot again, and cover them close, and keep them in a cool place. This way you may do Spargrass, or French-Beans, or Purslain-stalks, or Broom-buds: Only these things must be but three days in the Brine; and for all these things you must use no Dill nor Fennel; and the Broom-buds may be sowed in a Linnen-bag, with a Weight in it to keep them under the Brine; but when you Green them, put them loose in the Vinegar.

How to Pickle Broom-Buds.

Take the Buds, and wipe them in a dry Cloth; then put them into a Linnen-bag, and wash a piece of Flint-stone clean, and put it in the bottom of the Bag; then boyl some Water, as much as you think will

will cover them, and put in as much Salt as you think will make it a strong Brine, that it will bare an Egg to swim; then put the Bag with the Buds into a Pot, and pour the Pickle upon them boyling hot, and cover them close, and let them stand nine days; then put that Pickle clean from them, and make another Pickle, but not too strong, and put that to them boyling-hot, as the first, and so keep them in it: And when you design to use them, you must green them as you do your Cucumbers; that is, you must take them out of the Pickle, and put them into cold Vinegar, and set them over a slow Fire, and let them stand till they just boyl; then put them in a Pot, and keep them for your use.

How

To make Cheese-cakes.

For the Crust, take five Pints of the best Flowre, two Pound of the best Sweet-Butter, nine Eggs, two of the Whites, half a pound of Sugar: For the Meat, take the Curd of four Gallons and a half of New-Milk; beat it up with two pound of Sweet-Butter in a Stone or Wooden Mortar, then mingle it with twenty Yolks of Eggs, one pound and an half of Sugar, a little Rose-water, four Nutmegs grated, two pounds of Currans, a little Salt.

How to make a new French Puff, call'd, The Queen's-Delight.

Take the best double Refined Sugar, and beat it very fine, and sift it through a Lawn-sieve; then take to a Pound of Sugar, the White of two Eggs, and whisk them up very well, with a Whisk; then let them stand till the Froth is settl'd a little;

little; then to a Pound of Sugar, take a quarter of a Pound of *fourden*-Almonds, and beat them with a little Rose-water, and a little Sugar, but not too fine, then put them into the Sugar, and mix them with a Wooden Spattle, as you do the *French* Puffs, not too lithe, but so stiff as they will rowl out; then cut them out with a round Tin Frame, and put them upon pieces of Wafer-bred, and put some Preserv'd Sweet-Meats upon it; then cover it with another piece ~~but~~ with the Tin Frame, and stick it all over with pieces of Almonds, then Bake them as you do the Puffs.

F I N I S

This, the second, edition appears
in London in 1690; the first
in 1683. See the Catalog of
the British Museum.

Of the "Rare and excellent
Receipts," etc. by Mary Tillinghast,
(London; 1678 and 1690.)

e.g. the article on "Chadron Pye," p. 78

"cock-stones" on p. 17, is not given

in this sense in the Dictionary.

"Christial" is not there; nor "Bodley"

p. 26; and "gales" p. 21 is called a "rare" word.

This copy was given to the

Bodleian Library by

Edward D. Dodgson, A. R.,

February 7, 1916.

"M. H." may have been the initials of
Mary Tillinghast before her marriage.



Richard Evans.

By my name & wit I'm
Sent to Write the same
The grass is Green the rose
Is red & here is my name when
I am Dead

My Pen is bad & so am I
& I hope to mind before I die

Richard Evans

Monday June 10. 1799

1. Perturbation, a repetition

2. Perjudice, to reexamine

3. Rekindle, kindle or inflame again

4. Relapse, to fall back into vice

5. Relapse, a fall into vice

6. Relapse, to tell recede, R. Enmity

at the said shop in London, for
Against Merchant-Tailors-Blas, Bindeth a Turkey, Call, or Sheep-leather, and Gilt and
Scolemens Studies, or any other Books: He his wife
all sorts of Bibles and Common-Prayer Books, and Station
Wares, at reasonable Rates.

The Singer
Thomas Kennedy

Agreed to Years Term

Not To Take

For The Honor

Name is

Name

Varies to my

Forth